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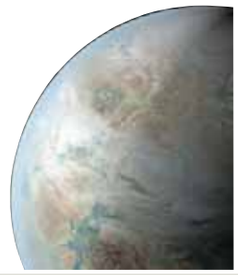

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Pan Am still has plenty to offer — coverage in metroNEWS and metroSPORTS

Fans pack Exhibition Stadium during a Pan Am rugby sevens match. TORSTAR NEWS SERVICE

Hamilton schools T.O.

TRANSPORTATION

Relax, it's just in bike-sharing ... but still

Luke Simcoe
Metro | Toronto

If Toronto wants a road map to improving its stagnant bike-sharing program, it needs to look no further than Hamilton.

Launched in March, Social Bicycles (SoBi) Hamilton already boasts 5,300 members and a 45-square-kilometre network stretching from the downtown to the inner suburbs.

Toronto's bike-sharing service, in contrast, hit the road in 2011 and still only has about 4,000 users. The network is heavily concentrated in the core, and spans about 15 square kilometres.

The centrepiece of Hamilton's system is a smart bike provided by New York-based Social Bicycles. Whereas "Bixi-style" systems like Toronto's rely on smart docks to track riders, store bikes and collect payments, SoBi integrates those features into bikes themselves. "It's next-generation bike-sharing technology," said Chelsea Cox, SoBi Hamilton's community manager.

The on-board GPS allows users to drop bikes off anywhere within SoBi Hamilton's coverage area.

Cox said the feature has been a hit with riders.

"We're really lucky in Hamilton to have a Social Bicycle system. It's helped set us apart from Toronto," said Cox.

MORE COVERAGE, PAGE 9

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Stranded orca rescued in northern B.C. **Canada**

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ANIMAL STAR

Toronto Zoo's beloved Iringa dies at 46

They say elephants never forget, but this time it's the elephant that won't be forgotten.

Iringa, an African elephant and longtime resident of the Toronto Zoo, was euthanized Wednesday at the PAWS wildlife sanctuary in San Andreas, Calif.

The elephant was moved to California after a vocal campaign by game-show host Bob Barker.

At the time of her death the 46-year-old was among the oldest African elephants in North America.

Eric Cole, former elephant manager for the Toronto Zoo, said the gentle giant made an impression on everyone at the zoo during her time there.

"A lot of people worked with Iringa, a lot of people got close with Iringa. It's just a really sad day for us," he said.

Stories from zookeepers reveal that Iringa had a personality that was almost as large as she was.

Rebecca Clark, one of the keepers who worked with Iringa, fought tears as she described her as an "elephant with an attitude."

Clark told stories of the overgrown troublemaker stealing 22-kilo bags of carrots and whole jars of jellybeans to satisfy her sweet tooth.

"She was the most trusting animal I ever worked with ... I don't know if I'll ever work with an animal that has that level of trust in the keepers ever again," she said.

Over the course of her nearly 40 years at the zoo, the pachyderm proved popular with many in Toronto.

Councillor and zoo management board member Glenn De Baeremaeker said he developed a "relationship" with Iringa, visiting her for more than two decades. "She was a big beautiful, bold, brilliant elephant and thank goodness she died a happy elephant," he said.

Iringa was born in Mozambique in 1969 and was one of the first elephants to join the exhibit at the Toronto Zoo in 1974. With her short tusks, she became an instantly recognizable star at the zoo, even as the elephant herd grew to seven members.

The future of the zoo elephants became the topic of international debate after four of them died in a relatively short time.

If one more died, the remaining two-elephant herd would have been considered too small to be healthy for the animals.

The fate of Iringa and her herd mates, Toka and Thika, was up in the air until Barker, who was also a U.S. animal rights activist, got involved and contributed $880,000 U.S. to cover the transfer of the elephants to a bigger facility.

After much debate, the three elephants were shipped to the PAWS sanctuary in 2013.

The 32-hectare habitat in southern California resembled their African homeland, with mud holes, trees and small rolling hills.

Iringa spent her final days there before staff decided her health had deteriorated too much and the only option to ease her suffering was euthanasia.

Iringa, front, and Toka were among the first elephants to arrive at the Toronto Zoo in 1974. TORSTAR NEWS SERVICE

She suffered with arthritis for many years due to her years in captivity and had trouble laying down.

But despite the short time she was with them, staff at the sanctuary also struggled with Iringa's death.

"It's like watching your parents get old. My father is 98, and you hold your breath every time the phone rings," said Ed Stewart, founder and owner of the sanctuary.

"It was humbling to be around her for all of us. I wish she could have lived 100 years."

According to a press release from the sanctuary, she was put down following a long history of degenerative joint and foot disease — the leading causes for euthanizing elephants in captivity.

TORSTAR NEWS SERVICE

> **"It's just a really sad day for us."**
> Eric Cole

> **"(An) elephant with an attitude."**
> Rebecca Clark

> **"She died a happy elephant."**
> Glenn De Baermaeker

ANIMAL WELFARE

Dozens of cats rescued from hoarder lived in 'horrific' conditions

Jessica Smith Cross
Metro | Toronto

About 60 cats are getting urgent care after they were rescued from "horrific" conditions in a one-bedroom apartment.

Heather Brown, executive director of Toronto Cat Rescue, said Toronto Animal Services began removing the cats from the apartment in the Danforth and Victoria Park area last Thursday. The process took several days.

The woman who lived in the home had been hospitalized and had no one to look after the cats. Even though the cats — mostly ragdolls and a few that appear to be Himalayans — were only left unsupervised for a short period, they had needed help for some time, Brown said. The woman used to breed and sell cats from her apartment. But, the situation appears to have gotten out of the control and become a hoarding issue, Brown said.

"From what I understand, the living conditions were quite horrific for these poor cats," she said. "They are terribly matted with urine and feces, especially with having a long-hair coat.

"They haven't been brushed, maybe ever. They smell horrible."

Many of the cats have dental issues and upper respiratory infections. They need to be spayed and neutered.

"We have one girl who has to have an eye removed next week," Brown said.

The rescue has placed the animals in foster homes, but they will be available for adoption sometime in the coming weeks.

Brown said the organization is looking for donations to help cover the cats' medical expenses.

One of the 60 cats rescued from a hoarding situation at a Toronto apartment. CONTRIBUTED

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Omar Shawaf with students at Al Salam School in Turkey near the Syrian border. CONTRIBUTED

Sadness in Syria inspires aid effort

TURKEY

Fundraiser seeks to support young refugees

Gilbert Ngabo
Metro | Toronto

It was an eye-opening trip, one that changed Omar Shawaf's perspective on the Syrian refugee crisis.

He signed up for a three-week volunteer mission in May that sent him to Al Salam School in Reyhanli, Turkey. The school serves Syrian refugee children, and what Shawaf encountered was overwhelming.

"I felt heartbroken," the McMaster University biology and pharmacology student said.

With too few resources and too many students, the school operates in "deplorable" conditions.

"It was very sad to see many aspiring students turned away simply because the school had no funds," Shawaf said.

Now, he's trying to be part of the solution.

Shawaf helped organize Talent for Syria, a Saturday fundraiser aimed helping Al Salam. Local and international musicians — some from as far away as Algeria — will compete for top honours at the talent show. It runs from 5 to 11 p.m. at The Meeting House in Oakville.

The goal is to raise at least $100,000 in support of the school, which has 2,100 students and 91 teachers, Shawaf said.

"These people don't care one bit about politics," he said about refugees and their concerns. "All they need is peace, food and medical treatment."

Many of the children at the school were orphaned by the war in their home country, witnessing atrocities that continue to haunt them and affect their ability to succeed.

"One of my Grade 2 students had trouble sleeping," Shawaf said. "When we talked to her, she narrated how she was there when her parents were hit by a bomb and their bodies broke into a million pieces.

"(It's) absolutely devastating."

SCHOOL

Al Salam School was founded in 2013 by Hazar Mahayni, a Montreal pharmacist of Syrian decent.

Mahayni serves as the school's principal and runs it with the help of many other Canadian volunteers.

She will be at Saturday's fundraiser, along with other volunteers who recently returned from the region.

LABOUR

Wynne summons strike sides

Premier Kathleen Wynne has called leaders of Ontario's school boards and teachers' unions to a private meeting Friday morning to stress both sides' duty to reach a deal that would avert the labour chaos threatening two million students this fall.

A government source said the premier plans to remind all parties they have a shared responsibility to students and parents to get back to the bargaining table and hammer out new contracts that would spare students from kindergarten to Grade 12 the sweeping work-to-rule campaigns.

At the moment, no talks are scheduled between English-language school boards and any of the three big teachers' unions, all of whom left their bargaining tables over school board proposals they argue would lower the quality of education, from bigger classes or less teacher control over how they use their prep time. Only the French-language school boards continue to bargain with their teachers' union.

While the government has warned there is no new funding available for education, Wynne and Education Minister Liz Sandals have said compromise is possible if teachers return to the table. But the unions refuse to return until the boards drop proposals the unions find offensive — leaving a standoff in which neither side seems willing to blink. TORSTAR NEWS SERVICE

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Let's get reel

Metro summer series Think ice cream, Annie Hall and a balmy breeze on your back. Free, outdoor films are screening all over the city this summer. Get in on the action. **LIZ BEDDALL** METRO

METRO TESTED

The croon of Diane Keaton's It Had To Be You echoes through the King West streets, beckoning curious pedestrians to stop by a screening of Annie Hall at David Pecaut Square. In the open air of the late evening, hundreds of TIFF in the Park attendees will settle into chairs or blankets each Wednesday of the summer to catch a classic. Still to be screened: The King's Speech, The Artist and The Triplets of Belleville.
PHOTOS: LIZ BEDDALL/METRO

WHERE YOU CAN WATCH

Christie Pits
Catch Mean Girls, What Ever Happened to Baby Jane? and There Will be Blood on the slopes of the pits this summer. Free or PWYC.

Yonge-Dundas Square
Tuesdays at dusk you can take in such films as Dream-girls, Dick Tracy and Dancer in the Dark in the centre of the city.

Sugar Beach
The weekend of Aug. 20-22, Sugar Beach will transform into an outdoor theatre. This year the theme is Flashback to the '80s.

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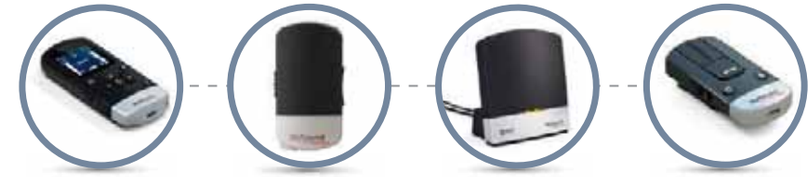

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TTC to reroute for TIFF

TRANSPORTATION

Organizers want King closed from Sept. 10-13

The TTC would prefer that the city not close a downtown portion of King Street during the Toronto International Film Festival (TIFF).

But, given that train has already left the station — a city spokeswoman confirmed Thursday night that King will close but traffic and safety details are still being co-ordinated — there's a new plan this year to service riders of the 504 King streetcar.

Instead of adding more service to Queen Street as it did last year, the TTC wants to split the 504 into two separate east and west routes for the four days King is closed.

There would be no transit on King between Bathurst and York streets during that period. King cars would run between Dundas West Station and Bathurst Street in the west, and between Broadview Station and York on the east end of the route.

Film festival organizers want King closed from Sept. 10-13, according to a report before the TTC board on Wednesday.

Mayor John Tory and Coun. Joe Cressy (Ward 20, Trinity-Spadina) have written to the board supporting the King closure to create a pedestrian corridor that was used last year for live performances, extended patios and a piano for visitors to play.

In addition to the TTC's usual communication about service changes and closures, TIFF will cover the cost of distributing that information to residents most impacted by the street closure and streetcar rerouting, says their letter.

"The TTC fully supports and understands the economic benefits of TIFF. We're part of the city and we get all of that," said TTC spokesman Brad Ross.

He acknowledged that it's up to the city to decide whether to close King for the festival.

But, said Ross, "As a transit provider we don't support the closure of any street during peak periods for anything."

TORSTAR NEWS SERVICE

Riders board the King Street car, but things will look different during TIFF. TORSTAR NEWS SERVICE

CLASS ACTION

Uber hit with lawsuit

A class-action lawsuit has been filed against Uber and UberX on behalf of cab and limousine owners and drivers in Ontario.

Law firm Sutts, Strosberg LLP says the suit by Dominik Konjevic, a taxicab owner and operator, has been filed as class action with the Ontario Superior Court of Justice.

It alleges Uber is operating its ride-hailing service even though drivers are not licensed as required by the Highway Traffic Act.

The lawsuit seeks $400 million in compensatory damages, $10 million in punitive damages and an injunction prohibiting UberX from continuing to operate in Ontario. Word of the lawsuit comes on the same day Uber announced it is expanding into several southwestern Ontario communities.

A spokeswoman for Uber Canada calls the suit "protectionist" and says it is "without merit."

"As we saw from a recent court ruling in Ontario, Uber is operating legally and is a business model distinct from traditional taxi services," Susie Heath said Thursday in an email.

THE CANADIAN PRESS

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CANADA'S ECONOMIC ACTION PLAN

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A lesson in how to share

TRANSPORTATION

Hamilton social bicycling program has 5,300 members

Luke Simcoe
Metro | Toronto

As Toronto gets set to roll on a $4.9-million expansion of its Bike Share program, city officials say they're willing to consider scrapping "Bixi-style" bikes and replacing them with newer, more flexible technology.

The Toronto Parking Authority (TPA) will, in particular, be looking at the success of the recently launched Social Bicycles (SoBi) system in Hamilton. The program debuted in March and already has 5,300 members compared to Toronto's 4,000.

The Hamilton network is also nearly three times the size of the one in Toronto.

"They learned from us and now maybe we can learn from them," said parking authority president Lorne Persiko.

One of the things Hamilton learned from Toronto is that your membership is only going to be as large as your network, city planner Peter Topalovic said.

In order to scale up, Hamilton eschewed a smart dock system like the one in Toronto, opting for newer "smart bikes" offered by Social Bicycles. The system is less costly to set up and far more flexible, Topalovic said.

The SoBi bike program in Hamilton has been a huge success so far, with over 5,000 members.
TORSTAR NEWS SERVICE

Best of all, the SoBi bikes feature on-board GPS, allowing users to drop them off anywhere within a 45-square-kilometre coverage zone — not just at approved docks.

"People definitely like the flexibility. We hear that a lot," said Chelsea Cox, SoBi Hamilton's community manager.

Cox attributed some of SoBi Hamilton's success to an aggressive outreach campaign.

Users are encouraged to post about their rides on social media, and the first 750 people who signed up got to name one of the system's bikes. There's one named after Jack Layton, Cox said, and others named after popular film and book characters.

"People will get to one of the racks and choose the bike with the best name," she said.

Ottawa recently replaced its Bixi-style bike assets with SoBi technology, and Persiko wouldn't rule out a similar wholesale change when the Toronto bike share expands in 2016.

"As we add bikes, we're going to have a request for proposals and when we do, we'll look at the entire marketplace," he said.

IN BRIEF

Premier denies Brown's byelection request

New Progressive Conservative Leader Patrick Brown won't get a chance to seek a seat in the Ontario legislature before the fall session begins Sept. 14. Premier Kathleen Wynne rejected a request from Brown on Thursday for an immediate byelection in Simcoe North, where veteran Tory MPP Garfield Dunlop announced he would step aside Aug. 1.

Wynne insisted she was "keen to let Brown have his shot" at winning a seat, but said she would wait until after the Oct. 19 federal election. THE CANADIAN PRESS

Police arrest third suspect in drug smuggling case

The RCMP says they've apprehended a third suspect wanted in a case involving the importing of controlled substances into Canada.

Two Canadians were arrested by U.S. police, but a warrant was also issued for Andrie Samuels, 39, of Markham, Ont. He is charged with conspiring and attempting to import methamphetamine. THE CANADIAN PRESS

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Toronto Games a success for athletes and the city

LEGACY

Medal count matched only by support and enthusiasm

Jessica Smith Cross
Metro | Toronto

With dozens of Pan Am medals left to be awarded, many are already declaring a Canadian victory at the Pan Am Games.

"I couldn't be more proud," said Toronto 2015 chef de mission Curt Harnett. "For me, I'm willing to take this as a big win."

Canada is firmly planted second in the Pan Am medal count, falling behind the U.S. But, with 185 medals in hand, the Toronto Games already mark Canada's best overall performance in the competition.

It's only the second time Canadian athletes have made it as high as second place — the first time was in 1967 when the games were in Winnipeg.

The strong athletic showing has led to excitement, said Cheri Bradish, an associate professor of sports marketing at Ryerson.

Bradish was quoted earlier this month in a New York Times article that chalked Toronto up as "indifferent" to the Games, saying people had been put off by the messaging around traffic congestion and the lack of an expected "storybook" moment.

Now, "the narrative has changed."

"If you have successes on the court, on the pitch, or on the field, that automatically is a winning X factor in getting people more excited," Bradish told Metro. "The legacy is going to be much more positive than people thought going in."

Harnett thinks that Canada will one day beat its large neighbour to the south. And, what was created in Toronto will play a role.

"I have every confidence that the facilities built in this region will have an impact on our performance internationally for generations to come," Harnett said.

PAN AM FACTS

- The last time the Games were in Canada (1999 in Winnipeg) Canada was third.
- The U.S. has won the medal count in every Games except two: the inaugural games in Argentina in 1951 and the 1991 Games in Cuba, both of which were won by the hosts.

> **The legacy is going to be much more positive than people thought going in.**
> Cheri Bradish, Ryerson University

Canada's Damian Warner competes in the decathlon on Thursday. Warner took gold, with a new Canadian record. Full coverage in metroSPORTS. FRANK GUNN/THE CANADIAN PRESS

IT'S STILL ON

5 THINGS
to watch for at Pan Am

1 Footy Final
The marquee event of the Games is undoubtedly the men's soccer gold medal match, slated for 1:05 p.m. at the Hamilton Pan Am Soccer Stadium.

2 On Track
Other events to catch include the men's and women's 4 x 100-metre relays Friday and the men's boxing finals Saturday night, where five gold medals will be on the line.

3 Medal Matches
Many events are sold out, but as of Friday, there were still tickets available for a number of medal matches, including the women's baseball and softball finals Saturday and the men's indoor volleyball finals Sunday.

4 The End
The Closing Ceremony was nearly sold out as of Thursday, but organizers said some tickets are still available. The show gets underway at 6:45 p.m.

5 Pan Am Party
Full — and free — Panamania lineups are going to be held all weekend at Nathan Phillips Square and the CIBC Pan Am Park. Highlights include jazz ensemble The Hot Sardines in the park Friday (8:30 p.m.) and reggaeton stars Calle 13 in front of city hall on Saturday (9:30 p.m.).

ART

The competition on canvas

When Toronto painter David Arrigo renders Canada's Pan Am Games athletes, he doesn't bother making them look pretty.

"Some of the athletes have actually said to me, 'Why did you use that picture? I look terrible,'" Arrigo told Torstar News Service Wednesday from his post at Nathan Phillips Square, where he spends hours a day painting the previous day's medal winners as part of what he calls his "live mural experience."

His primary goal is to capture motion, he says, and emotion.

"What I'm trying to do is capture that image of their focus, of their determination, and take it from there."

He's also painting some of the events surrounding the games, including the opening and closing ceremonies.

Arrigo, who undertook a similar project during the Vancouver 2010 Olympics, will be painting for the duration of the Games. Upon completion, the collection will be placed in Canada's Sports Hall of Fame in Calgary.

TORSTAR NEWS SERVICE

Artist David Arrigo paints murals live for the Pan Am Games in front of the Toronto 2015 Superstore in Nathan Phillips Square. MARTA IWANEK/TORSTAR NEWS SERVICE

HISTORY

The Games in pictures
A Ryerson University exhibit is letting people soak up the rich photographic history by exploring the Toronto Star's Pan Am coverage since 1955.

Paul Roth, director of the Ryerson Image Centre, worked with his assistant Natalie Spagnol, the Star and the Toronto Public Library to select 125 images that best capture the Game's place in Canadian sports history. From powerful images of runners crossing the finish line to snapshots of spectacular gymnastic routines, these photographs capture Canada's relationship with the Games and the physical prowess of the athletes.

The exhibit is on view until Aug. 15 at Ryerson's Student Learning Centre.

TORSTAR NEWS SERVICE

NOSTALGIA

Library examines evolution of sports

Gilbert Ngabo
Metro | Toronto

The Pan Am Games may be a reflection of organized, all-inclusive competition. But, that's not always been the case for sports in Toronto.

A Toronto Public Library exhibit is taking "a nostalgic look" at the evolution of sports in the city, using archival photographs and a series of films.

From the formation of different clubs to the various venues where competitions took place, sports have played an important role in shaping the city, said Nicole Dawkins, the exhibit's curator.

Games helped solidify "the fabric of our neighbourhoods" and create a sense of belonging, she said.

A look at the early history shows there was great disparity, with sports being predominantly male. Women, for example, didn't take up cycling until the late 1890s, Dawkins said.

The exhibit also hones in on how many of the things we now consider sports, such as hunting and canoeing, were born out of necessity. Various First Nations communities played lacrosse, for example, as a means to settle disputes and build alliances between groups, Dawkins said.

"I hope people can appreciate that sport was more of a community thing that brought people together for bonding before it became this massive multimillion- dollar industry," she said.

The exhibit runs through early September at the reference library.

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Carpooling's coming-of-age

Environmentalism put blue boxes at our curbs and fluorescent bulbs in our ceilings but hasn't yet filled the family car's seats on weekdays. But mobile tech — and the sharing economy it made possible — might finally turn our commuting into a team effort

Jessica Smith Cross
Metro | Toronto

When a taxi picked me up in Milton on a recent weekday morning, I was pretty excited. I knew that this ride could be part of a belated paradigm shift in transportation.

My revolutionary ride looked just like a slightly unclean taxicab, because it was.

Matt Monteyne, the chief operating office and co-founder of RideCo, met me at my friend's rented town home on a quiet residential street in Milton that morning and rode in the taxi with me to the GO Station.

His company has partnered with the City of Milton and Metrolinx on a pilot project to demo RideCo's new ridesharing system that gets people from their homes to the GO.

A user orders a ride on a smartphone app, and either a taxicab or a mini bus comes to their door. Along the way, the driver may pick up other passengers who live on the way and are also going to the GO Station.

My ride showed up on time. Monteyne was the only other passenger.

We had a pleasant, uneventful ride to the GO Station — exactly what you want on your morning commute. At $1.95 each, it was cheaper than getting a traditional cab, because it was shared, a la Uber POOL; and because it was shared, there was one at least one fewer vehicle on the road.

In Milton, RideCo is solving a specific problem: the GO Station parking lot is often full. People want to take the GO Train to Toronto because it's fast and peaceful and because it bypasses the congested highways. But they drive to the station because there's limited bus service in Milton.

From my friend's home, it's a half-hour's winding walk to the GO Station through a neighbourhood full homes that look very much like my friend's. And taking the bus doesn't get you there much faster than walking: it's a 16-minute walk to the nearest stop.

"This is what we call the first-and-last-mile problem," Monteyne said. "You're never going to find a better way to get from Milton to downtown Toronto than hopping on the GO Train, but how do you get people to that GO Train?"

RideCo fixes another problem by abandoning the concept of a fixed schedule.

"We collect the hundreds of people who are booking rides and we have a cloud-based logistics solution that is constantly generating the best itineraries, these pick-up routes, to move as many people with as few vehicles as possible," he said.

Because the routes are constantly changing, the driver is only told where to go on the fly. If someone orders an immediate ride, the itinerary could change to allow for the pickup while the taxi is already en route, Moneyne said.

RideCo is currently only offering service to and from the Milton GO Station, but Monteyne said he's been in early talks with other communities that have different transportation needs.

"I think we're going to see a huge shift toward this in the next few years."

Sure, it looked like fun, but carpooling never took off in the pre-Internet world, in part because it was so hard to arrange. CONTRIBUTED

Governments have been encouraging people to carpool for decades. There's even an iconic Second World War propaganda poster (see below) that equates solo driving with Nazism in a bid to encourage motorists to conserve gas for the war effort.

But as today's nearly empty HOV lanes illustrate, carpooling has always been easier said than done.

For years, there have been websites that match people with strangers who are carpooling on the same routes, but all of them require co-ordinating schedules. Unless everyone in the group leaves work at a set time every day, someone's out of luck.

But the ubiquity of smartphones and backend technology that can match people on the fly, makes the problem disappear.

Monteyne said RideCo is offering the primary benefit of carpooling — the ability to split the cost and hassle of commuting — with the added benefit of flexibility.

"It enables a move from fixed routes and fixed times to something that's a bit more dynamic," he said.

Uber POOL, the version of Uber allowing users to make their taxi ride cheaper by allowing the driver to pick up other passengers who are going in the same direction, is very similar to RideCO.

While Uber repeatedly refused to grant Metro an interview for this story, a spokesperson sent along some data that suggests people have embraced Uber POOLing in San Fransisco, L.A., New York and Paris, where it's available at all times. In San Francisco, Uber says thousands of users take POOL more than five times in a week, suggesting they use it as a commuting option.

Uber POOL recently launched in Toronto for the duration of the Pan Am Games. Lyft and Sidecar also offer carpooling options in some U.S. cities

Even though RideCO has only been in full operation since June, after a limited launch in May, it's catching on. It currently has about 750 passengers a month and is growing fast. Unlike Uber, Lyft and SideCar, which have run into regulatory problems almost everywhere they've launched, RideCo is operating in partnership with the local authorities, as a public, rather than private, transportation option.

"It seems to be incredibly 'sticky': about half of the people who try it become weekly active users," Monteyne said, "and that tells us it's meeting a need."

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> Matt Monteyne, RideCo's co-founder and CEO

120

Uber claims that if all the customers who use its POOL option over the course of an average month were to opt for solo rides, Uber cars would collectively travel an additional 647,000 miles. By Uber's calculations, the savings in miles equates to a savings of 120 metric tonnes of CO2 emissions.

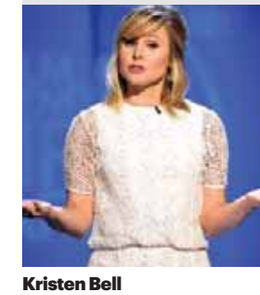
SMART, SURE ...

... but maybe awkward, too?
Actress Kristen Bell was caught off guard when she accidently selected the POOL option from Uber last May because she thought "pool" was just "a fun summer reference." She live-tweeted the experience:

"noone is talking. this silence is the only thing more awkward than if all of us were talking. #ubercarpool"

"if I'm not home in 10 minutes pls call the police and tell them i was last seen in a honda accord with 2 males mutes. #ubercarpool"

"Breaking News: one of them is singing. "take my hand, well make it swear. uhhhUUHH! livin on a prayer!" #ubercarpool"



Kristen Bell

Beached whale freed

NORTHERN B.C.

Stranded orca saved after six hours of being stuck on rock

Thandi Fletcher
Metro | Vancouver

A volunteer works to keep an orca alive after she became stranded on some rocks in Hartley Bay on B.C.'s northern coast Wednesday. COURTESY CETACEAN LAB

A transient killer whale has been rescued after she beached herself on some rocks in Hartley Bay on B.C.'s northern coast Wednesday morning.

The emotional story of the stranded orca's rescue was posted on Facebook on Wednesday, where it has since been making waves on social media.

"She cried often, which tore at our hearts, but as the tide came up there were many cheers as this whale was finally free after (six-plus) hours of being stuck on this rock," reads the Facebook post from the group Whale Point.

"It was a team effort, and fortunately on some level this transient orca understood that we were trying to help."

Hermann Meuter, director of whale research group Cetacean Lab, said volunteers spent seven hours trying to keep the distressed marine mammal, a female calf, alive until the tide came back up.

He said the group placed blankets on top of the whale and poured seawater over her.

Eventually, the tide rose again and the whale was able to leave the rocks.

> **She was very calm... It was awesome to watch.**
> Hermann Meuter

"It was incredible to see how careful and how calm she was to get herself to negotiate herself out of the situation," he said.

"She was very calm, very patient. It was awesome to watch."

Around 4:15 p.m., as the tide rose, she slowly moved forward and gave "one kick with her tail and she was free," he said.

"She took one big dive, and then she was gone," said Meuter. "She was free."

CRIME

Man robbing house points gun at girl, 7

Matt Kieltyka
Metro | Vancouver

A distraught seven-year-old girl had a gun pointed at her before handing over a jar of coins to intruders during a recent home invasion in Vancouver.

Vancouver police say the girl and her family won't soon get over the trauma of the violent armed robbery on June 17, in which two men forced their way into a home in the 3300 block of Dieppe Street in east Vancouver, stole a number of valuables and sent a man to hospital with head injuries.

"You can only imagine what kind of impact this will have on this young girl," said Vancouver police spokesperson Sgt. Randy Fincham.

"It's not something this family will ever forget."

Fincham said the two suspects wearing reflective construction vests forced their way into the home through the front door. Several adults were home at the time.

As the home invasion was happening, the young girl entered the same room as the suspects.

"One of the two robbers turned his attention to the young girl and demanded money from the young girl," said Fincham. "The only money she knew of was in the jar. She gave it to them hoping these guys would take the jar and go."

But the robbery continued until the men had stolen several items, including a rare Rolex Yachtmaster II watch, and physically assaulted one of the adult males.

One suspect was armed with a handgun, but no shots were fired during the incident.

Fincham said there is nothing in the family's background to "cause concern" or help investigators understand why this family was targeted.

The first suspect is a white man between the ages of 25 and 45. He has a slim build, shaved head and full sleeve tattoos on both arms.

The second suspect is a dark-skinned man, believed to be in his 20s, with a medium build and a thin beard. He was wearing a Puma baseball cap.

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UNITED STATES

Texas jail death not homicide: Officials

The autopsy of a woman who was found dead in a Texas jail revealed no injuries that would suggest she died in a violent homicide, authorities said Thursday.

Waller County prosecutor Warren Diepraam discussed details of the autopsy of 28-year-old Sandra Bland, who authorities say was found hanging in her jail cell on July 13.

The autopsy showed that Bland had no defensive injuries on her hands that would typically indicate a struggle, the prosecutor said. Some lacerations or abrasions were found on her wrists. Those injuries were consistent with a struggle while being handcuffed.

The marks around Bland's neck were consistent with a suicide, he said.

Bland was arrested three days before she was found dead. Her family and friends dispute the official finding. Texas Rangers and the FBI are investigating.

Bland's death comes after nearly a year of heightened national scrutiny of police dealings with black suspects, especially those who have been killed by officers or die in police custody. It has resonated on social media, with posts questioning the official account and featuring the hashtags #JusticeForSandy and #WhatHappenedToSandyBland.

The sheriff said Wednesday that no one gained access to the cell and contributed to Bland's death.

Bland's family has said she was not despondent and was looking forward to starting a new job at her alma mater, Prairie View A&M University.

However, Bland posted a video to her Facebook page in March, saying she was suffering from "a little bit of depression as well as PTSD," or post-traumatic stress disorder. At least one friend has said she was just venting after a bad day. THE ASSOCIATED PRESS

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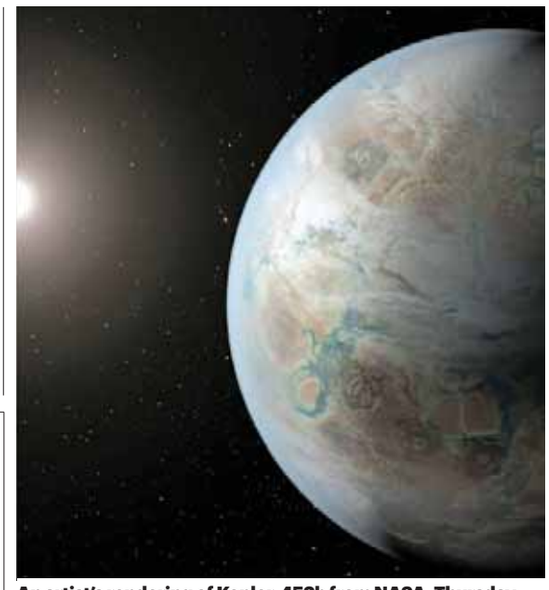


An artist's rendering of Kepler-452b from NASA, Thursday.
NASA/AMES/JPL-CALTECH/T. PYLE/THE ASSOCIATED PRESS

'Cousin' to Earth found

SPACE

Planet orbits habitable zone of its sun-like star, says NASA

Scientists have identified a "close cousin" to Earth that's orbiting a sun-like star and might harbour life.

"It is the closest thing that we have to another place that somebody else might call home," said Jon Jenkins from NASA's Ames Research Center in California.

The researchers announced their discovery Thursday, based on observations from NASA's Kepler space telescope.

This older, bigger cousin to Earth is called Kepler-452b. What makes this planet remarkable is that it orbits its star at about the same distance that Earth orbits the sun. What's more, its home star looks to be similar to our sun. Based on what scientists know today, Jenkins noted it's the nearest thing to another Earth-sun twin system.

"Today the Earth is a little less lonely because there's a new kid on the block," Jenkins said during a news conference. He led the team that discovered Kepler-452b.

The last Kepler discovery that had scientists gushing was just over a year ago. That close-to-Earth-size planet, Kepler-186f, also was in the habitable zone of its star. But that faint dwarf star was unlike our sun.

John Grunsfeld, NASA's science mission chief, emphasized that the exoplanet system identified Thursday — "a pretty good close cousin to the Earth and our sun" — is the closet so far. "And I really emphasize the 'so far.'"

The planet-hunting Kepler will keep churning out new discoveries, Grunsfeld noted, and possibly find even better matches for "Earth 2.0."

Kepler was launched in 2009 and has nearly 5,000 potential exoplanets to its credit — worlds beyond our solar system. It is helping to address such fundamental questions as where do we come from and where are we headed, and arguably the biggest question of all: Are we alone in the universe?

While scientists are uncertain whether Planet 452b is rocky like Earth, they believe there's a better than even chance it is.

As for the age and size, it is about 6 billion years old, 1.5 billion years older than Earth, and 60 per cent larger in diameter than our home planet. Its star, Kepler 452, is also older and bigger, as well as brighter than our sun. THE ASSOCIATED PRESS

"Today the Earth is a little less lonely because there's a new kid on the block."
Jon Jenkins, NASA scientist

Loblaw shutting 52 stores

RETAIL

Pharmacies, grocery outlets included in closures

Loblaw Companies Ltd. plans to shut down 52 unprofitable stores in its chain of retail outlets by early next year as it seeks to boost operating profit.

The company said in its second-quarter earnings report Thursday that the closures will take place over the next 12 months and save $35 million to $40 million in annual operating income despite the loss of $300 million in sales.

Loblaw president and executive chairman Galen Weston Jr. said in a conference call with analysts that the company was focused on finding efficiencies as growth slows.

In a normal year, he added, the company would close 10 to 15 stores.

"Yes, it's an increase, but it's not radically different," he said. "It doesn't signal any kind of change from a strategic perspective."

Loblaw Companies Ltd. has not yet identified which stores in its chain of retail outlets will close by next year. AARON VINCENT ELKAIM/THE CANADIAN PRESS

The closures are distributed across the country, he said, and affect around one per cent of the company's total retail square footage.

In its latest annual report, the company had more than 2,300 locations for its many brands, including Loblaws, Shoppers Drug Mart, No Frills and Joe Fresh.

$300 million

Closures will mean a loss of $300 million in sales but could save up to $40 million in operating income.

Weston would not identify which locations are due to close as the company has yet to notify affected employees, but he said the list included gas stations, Joe Fresh locations and select pharmacies and grocery stores.

Loblaw chief financial officer Richard Dufresne said the company did a review of all of its stores following the completion of its buyout of Shoppers Drug Mart last year and identified 52 that were consistently underperforming and unprofitable.

The company said in March it would build 50 new stores and renovate or improve more than 100 existing ones this year as part of a $1.2 billion expansion. Weston said those plans are still on track.

On Thursday, Weston said the 52 closures included the previously announced cutbacks at Joe Fresh's U.S. operations, but would not make a "material change" to the clothing line's Canadian locations.

The company announced the closures as it reported a second-quarter profit of $185 million or 45 cents per share in its latest quarter compared with a loss of $456 million or $1.13 per share a year ago.

THE CANADIAN PRESS

GREECE BAILOUT

Creditors expected to arrive in Athens Friday

Discussions over Greece's third bailout in five years are set to begin in Athens imminently after Greece's parliament approved Thursday tough new conditions set by European creditors.

Officials in Athens and at the European Union said negotiators are expected to start arriving on Friday, marking the first time high-level talks will be held in the Greek capital since Prime Minister Alexis Tsipras' left-wing government assumed power in late January.

The news came hours after the Greek parliament approved a second round of reforms demanded by Greece's creditors before the negotiations could start over a three-year financial bailout expected to be worth 85 billion euros ($93 billion US).

> **We have chosen a compromise that forces us to implement a program in which we do not believe**
>
> Prime Minister Alexis Tsipras

Without the money, Greece would be unable to pay the debts due over the coming three years and would likely be forced to leave the euro, Europe's shared currency.

Despite facing a rebellion among his own party's ranks in both votes, Tsipras' coalition government has survived. He relied on opposition parties to push the measures through.

"We have chosen a compromise that forces us to implement a program in which we do not believe, and we will implement it because the alternatives are tough," Tsipras said. THE ASSOCIATED PRESS

Greece's Prime Minister Alexis Tsipras reacts during an emergency parliament session Thursday. THE ASSOCIATED PRESS

market minute

DOLLAR 76.69¢ (-0.01¢)

TSX 14,265.37 (-41.75)

OIL $48.45 US (-74¢)

GOLD $1,094.10 US (+$2.60)

NATURAL GAS: $2.816 US (-8.1¢)
DOW JONES: 17,731.92 (-119.12)

TELECOMMUNICATIONS

Subsidized phones hit Rogers' profits

Higher costs from retaining its wireless customers left another mark on the profits of Rogers Communications Inc. during the second quarter, though the company fared better than analysts expected.

The telecommunications provider said Thursday that net income dropped 10 per cent in the period, which coincided with CRTC rule changes that eliminated cancellation fees for wireless contracts after two years.

Rogers posted net income of $363 million, or 70 cents per share, for the period ended June 30. That was down from $405 million or 76 cents in the same quarter last year.

Rogers has been scurrying throughout this year to keep wireless subscribers from straying to competitors by offering subsidized phones in exchange for a fresh contract that locks them into another two years of service.

32,000

Rogers' cable TV subscribers slid as more Canadians cancelled their packages. The division saw a decline of 32,000 TV subscribers and 11,000 landline customers.

The so-called double cohort, a result of the CRTC rule changes that also eliminated three-year contracts, was expected to intensify competition as wireless companies tried to lure each other's customers.

About 12 per cent of Rogers customers were still on three-year wireless contracts as of June 3, the day the rule change took full effect, the company said.

THE CANADIAN PRESS

IN BRIEF

Walmart takes over Chinese online retailer

Walmart wants to make a bigger play for Chinese consumers online. The world's largest retailer purchased the remaining stake it didn't own in China's Yihaodian, an online retailer. Walmart is attempting to follow consumers as they migrate to the Internet in China, a country where the retailer has struggled to adjust to buying habits and local competition. Yihaodian, founded in 2008, sells more than eight million products.

THE ASSOCIATED PRESS

New cars and trucks boost retail sales

Shoppers buying new cars and trucks helped boost retail sales in May by 1.0 per cent to $43 billion in Canada, the third increase in four months, Statistics Canada said Thursday.

Retail sales were up in nine of 11 subsectors, representing 92 per cent of retail trade.

Retail sales were up in nine provinces in May with Ontario, Nova Scotia and, to a lesser extent, British Columbia accounting for most of the increase. Saskatchewan was the lone province to post weaker sales, edging down 0.1 per cent.

THE CANADIAN PRESS

Starbucks' profit jumps

Starbucks said Thursday its quarterly profit jumped 22 per cent as pricier drinks and food helped lift sales at its U.S. cafes. The Seattle-based coffee chain said sales rose 8 per cent in its flagship Americas unit. In the U.S., which makes up the majority of the unit, the company has been pushing up sales with price hikes and offerings like S'more Frappuccinos and Flat White espresso drinks that cost a little more.

THE ASSOCIATED PRESS

Amazon shares up

Amazon.com reported a surprise second-quarter profit Thursday on continued strength of its cloud-computing business and strong revenue both domestically and abroad. Shares jumped 18 per cent as the results bucked Amazon's long-time strategy of investing the money it earns back into the company, resulting in quarterly losses or thin profits.

THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
WEEKEND, July 24-26, 2015

THE KOHLER REPORT: ON CELLPHONES AND AWKWARDNESS

I will continue using a landline until it's so old it becomes as cool as a mason jar is today.

I am routinely mocked for the fact that I still have a landline.

When I call people from the number, they love to joke, "Who is this, my grandma?" But while I admit that keeping a home phone is costly — and looks as outdated in my living room as a bowl of potpourri — it's well worth it. It's the only phone in my life I can count on. Not like that flaky, inconsistent, deadbeat-dad version of a phone I call my "cell."

I don't know if the technology has declined or if my patience has waned, but I often find that the experience of talking on a cellphone is as much an existential crisis as it is a conversation.

Like those calls where you can hear the person about half the time, as if someone were pointing a remote control at them and pressing "mute" every few seconds. The first couple of times it happens, you might say "What was that?" but after a while you start feeling like the annoying one, even though it's them you can't hear. You try your best to piece the sentences together using only the words you have ("I've been…and…depressed …I'm…so… eating … know it … helps?") And you're like, "Yeah, I find eating ice cream therapeutic, too," and just hope that what you're saying makes sense.

Or what about those calls that make your friend sound like they're in an echo chamber, when you happen to know she's just a few blocks away at a Starbucks? Or those times you're trying to talk to a business associate who sounds like they're conducting their side of the meeting under water; it's really stressful when your livelihood depends on someone whose every word seems to be caught inside a bubble.

Or what about that quirk of technology that makes it so the person who's talking can't hear you until they stop. This makes it impossible to interject. They can't hear you if you laugh or say things like, "Right, right" or "Mm-hmm." Cellphones strip you of half the tools you need to have a normal, healthy conversation.

By the way, I don't have some 1999 Nokia piece of poo, nor do I use that service provider that's available only at 7-11. I have an iPhone 6 and my service provider rhymes with Smell Us. Is this the best we can do?

And I know what you're going to say: If you don't like talking on your cell, then just do like the Millennials and text. But I don't want to text — it takes too long and it's impersonal and it's destroying us like the impact that destroyed the dinosaurs.

No. What I will do is continue using my landline until Bell decides to stop providing me with — and charging me through the nose for — the service. I will continue using a landline until it's so old it becomes as cool as a mason jar is today.

Mock me all you want. At least I'll be able to hear you.

Rebecca Kohler is a standup comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca_kohler.

Were the Pan Am Games worth it? Visit metronews.ca to answer our poll.

Happy face/Sad face

From **chicken sickness** to **landsliding lakes,**
Metro weighs in on the news making headlines this week

Forgetting past failures

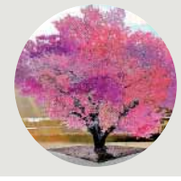
News of the first drug that slows down Alzheimer's has scientists forgetting how hopeless they felt about managing memory loss. Stage-3 clinical trials — the last step before the pill goes to market — of a drug called solanezumab showed the progress of dementia slowing by a third, if treatment started early. More trials will be needed to confirm the results, but science is close to creating a memory medication that does more than just reduce symptoms. SOURCE: BBC

Beware of fowl play

The U.S. Centers for Disease Control has ID'd an unusual culprit in a 40-state salmonella outbreak: Backyard chickens. Urban farmers, the CDC says, "are bringing live poultry into their homes, and ... kissing or cuddling with live poultry." Chickens harbour salmonella bacteria that's harmless to them but causes a nasty stomach bug in humans. Handwashing — and minimizing contact with feathered friends — can reduce the spread.
SOURCE: WASHINGTON POST

The fastest fruit salad

Sam Van Aken, a professor at Syracuse University, uses crafty grafting to create trees that bear 40 different kinds of stone fruit, including heirloom varieties of plums and apricots. Despite his choice of materials, he's not a botanist, but an artist. A tree he planted in 2011 now has all 40 varieties grafted on. In four years or so, it will be blooming periodically throughout the summer, producing a different kind of fruit each time.
SOURCE: NATIONAL GEOGRAPHIC



Lake braces for spectacular slide

Some time in the next few months, a small lake perched 600 feet above the Mackenzie Valley in the Northwest Territories will burst through the slice of earth holding it back — and fall. It will be a spectacular sight that transforms the landscape, and melting permafrost caused by climate change is to blame, scientists say. The unnamed lake near Fort McPherson is buttressed by frozen ground that has not thawed to this extent since the end of the last ice age.
SOURCE: THE CANADIAN PRESS

ROSEMARY WESTWOOD

metroview

How two stubborn people shape up at marriage boot camp

Welcome to the midway point of the speediest season of the year.

Or for me, the end of marriage boot camp.

C. — my American boyfriend — was visiting for a few months. As our time wound down, and people asked him how it's been, "marriage boot camp" was his answer.

We had a lot to pack into very little time and space, playing house in my one-room studio apartment. We'd been telling each other over Skype that we wanted to be together. This summer, we actually had to be together, morning and night, and all weekend long.

As two previously very single people, it was a negotiation to even cross the street. One person would step out into traffic, while the other tugged them back.

As two stubborn people, we could suck the fun out of a sunny afternoon on a patio as we learned to debate, kindly.

We discovered what it's like to be around the moody love of your life, what to say, and when to shut up.

For brief moments, the tension felt like that big wooden wall on an obstacle course: impossible to overcome.

My way of working through things is to talk, talk, talk. C.'s musings are more likely to drop in unexpectedly from thin air, like a falling feather.

But we did talk about what marriage would look like — or more often, not look like.

"Our kids are going to run around barefoot," C. warned me one day.

"I don't want to fight over money," I declared. Our statements acted like warning shots across each others' bows. Beware! This is what it's going to be like forever!

Marriage boot camp did clarify things. Chief among them, how sure we both are. How happy we both are. Except for when it wasn't, the summer was the most fun.

I've been wondering how much people do this — talk about what marriage will be like — before they pull the trigger.

So I called my most communicative, inquisitive of friends. She and her husband spent four evenings, a few hours each time, talking about what marriage would be like, in order to write their vows.

"People get so busy with planning their wedding, it's like they spend more time thinking about seating arrangements than the details of what they're vowing to," she said.

C. and I aren't at risk of that. For a long-distance relationship on fast-forward, it's perhaps not surprising we attended marriage boot camp before engagement. And as with all good boot camps, I'm feeling stronger.

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metro LIFE

Your essential daily news

Jurassic World now the third highest-grossing film in history

Last chance for redemption

COMEDY

Can Pixels save Sandler's career after a string of flops?

IN FOCUS

Richard Crouse

Matthew Lintz, left, as Matt, and Adam Sandler as Sam Brenner with Q*bert, in Pixels, which opens nationwide today. SONY PICTURES/THE ASSOCIATED PRESS

From a career point of view, Pixels may be the most important movie of Adam Sandler's career. The big-budget action comedy sees the comedian help save the world from aliens who attack using classic video arcade games like PAC-MAN, Donkey Kong and Centipede as models for their assaults.

In real life, it's not Donkey Kong Sandler needs to battle, but audience apathy. A string of box office flops, controversies and terrible reviews — critic Liam Maguren was so horrified by Sandler's 2011 "comedy" Jack and Jill he wrote, "Burn this. This cannot be seen. By anyone" — have threatened to torpedo his career.

Even his own studio seemed to have turned against him. In last year's Sony email hack, one employee complained, "we continue to be saddled with the mundane, formulaic Adam Sandler films."

Movies like Billy Madison, Happy Gilmour and Big Daddy were hits that established his persona as the angry but sweet everyman, a misfit character he trotted out for two decades. Occasionally he'd get serious in pictures like Punch-Drunk Love or Reign Over Me and soak up some good reviews, but by and large, the Sandleronian oeuvre has been ripe with anger management issues and jokes of ... how to put this delicately: a gastrointestinal nature. Not highbrow, but that's OK — not everything has to be Noel Coward — as long as audiences care.

But at some point, it seemed they stopped caring.

Perhaps it was the inconsistent nature of his movies. Just when you think he's turned a corner with the excellent Reign Over Me into interesting adult roles he slaps you in the face with the zero-star rated follow-up I Now Pronounce You Chuck and Larry.

Or maybe it's quality control issues. Last year Kevin Nealon told me about being offered a role in the Sandler-produced Grandma's Boy.

"It was so lowball and crass," said Nealon. "I thought it might be a little embarrassing to be in that one. So I told Sandler I'd probably pass on it and he called me and said, 'I really hope you do this because if you don't do it and it's a big hit I'll feel bad, but if you do it and it's not a big hit, no one is going to see it anyway.'"

That attitude may be realistic but it doesn't exactly speak to high standards. More than that, however, is the static nature of Sandler's comedy. His everyman character hasn't changed much throughout the years. Usually these days he lives in nicer houses or has more money but it's the same old shtick.

The old saying, "He got bigger, but didn't grow up," perfectly applies to Sandler.

He may have matured (chronologically at least) but the urination gags and rageaholic jokes that characterize his comedy haven't.

We don't need to feel sorry for Adam Sandler. He has movies in the pipeline and a new deal with Netflix, but Pixels is still an important moment for him. Rolling Stone called his last film, The Cobbler, "beyond awful and beyond repair," and it went on to become his biggest flop to date.

If Pixels is a hit, and it may be, the trailer generated 34.3 million views worldwide in its first 24 hours online, he will be redeemed — at least until his next movie's new round of toilet humour and cleavage shots.

MOVIE RATINGS by Richard Crouse

Paper Towns ★★★
Irrational Man ★
American Heist ★★

HOW RATING WORKS	
★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

Two New Yorkers team up

IRRATIONAL MAN

Parker Posey appears in her first Woody Allen flick

Matt Prigge
Metro in New York City

Parker Posey first became a darling of NYC indie film 20 years ago with Party Girl, and since then she's had a front row seat to how the city and the industry have changed.

Now she's starring in her first Woody Allen film, Irrational Man, and while it might seem surprising she hasn't teamed up with him until now, she says it was worth the wait.

When you get called for a Woody Allen movie, that's got to be a pretty special moment.
Yeah, it's as if he's created a language for actors. He's an inspiration to filmmakers and actors who are comedic and dramatic at the same time. He writes characters that hold a lot of dynamic qualities, and no one understands women and writes women like he does. Some of these lines that I got to say I was very excited about.

How was actually working with him?
It's amazing. I got the pages, and the writing was so loose and natural. It was funny to me — not that there were jokes in there. There were a few little quips. He also said, "No smiling. You won't be smiling." And then of course I'd be like, "OK!" Sure thing, you know? He's just such a talent. It's so great. It wasn't easy, but it shouldn't be easy.

The trailer for this film is very careful about what actually happens in it.
I know, it's great. What about that music? That music that takes you out of the seriousness of what this man is doing, what he's done. This a really dark story, and it's very unsettling. I was breathless after I saw it.

I love that it takes place now and that he is portraying it in a world of college. It's great because here he is at all of 80 giving the conversation to moviegoers about philosophy and meaning.

Parker Posey in Irrational Man. HANDOUT/THE CANADIAN PRESS

I'm terrified by the fact that Party Girl was 20 years ago.
I know, because there's a decade that kind of was missing. It's kind of a heavy thing, but I think 9/11 did a number, really did something to all of us as far as mourning, what it did to the entertainment industry.

It changed movies, too. I thought there would be more comedies, and there have been comedies but there's violence in these comedies. There are not a lot of romantic comedies or Nora Ephron-type comedies — grown-up comedies. I miss those. I looked at those movies, wanting to be in them.

Jake gets fighting fit for boxing drama

TRANSFORMATION

Gyllenhaal piles on muscle and emotion in Southpaw

Richard Crouse
For Metro

As World Middleweight Boxing Champion Billy Hope in the new film Southpaw, Jake Gyllenhaal learned a thing or two about anger. He plays a man ruled by fury who must learn to fight with his head, not just his fists.

"That journey was really interesting for me," says Gyllenhaal, "the idea that I could explore that in my own anger. Sometimes things pop up, things that could be very destructive in my own life, like my own anger and I think, 'Man, if I was only curious about this feeling instead of letting it kind of control me. If I could only stop and say, 'What is that?'

"I saw this Australian comedian talking about gun control and he was saying, 'Everyone should own a musket because by the time you finish putting the powder in and everything it takes a minute-and-a-half and by the time a minute-and-a-half has passed (the anger is gone) and you're like, 'You're not a bad guy. It's fine.'"

Gyllenhaal says studying the character set him on a "journey about being curious about myself," which seems counterintuitive. Doesn't the actor inform the character?

"I think the experience of preparing for a role, meeting people along the way while you're preparing for a role and the experience of that is what I learn from. It is really that that teaches me.

"The people I spend time with, the accumulation, that's what I learn from. I don't think I bring my own experience yet to a role. Right now my life is about learning from other people."

> **I think the idea of being tough is also about admitting your fears.**
> Jake Gyllenhaal

One revelation from his time inhabiting Billy Hope's persona was insight to what made Billy tick — fear.

"Billy is a really scared character who is fronting in some ways to present himself in a certain way. I think fear is a great motivator for him. That was a big thing. I think the idea of being tough is also about admitting your fears."

The 34-year-old actor certainly has no fear when choosing roles. From the extreme weight loss of Nightcrawler to Southpaw's physical transformation — he gained 15 pounds of sheer muscle — Gyllenhaal is curating a challenging and interesting resumé.

"I think the people I admire as artists are the people who really listen to themselves even if it is to the detriment of what people might consider success. I'd rather be myself and do what I love than listen to someone else and follow that role and be unhappy."

Jake Gyllenhaal plays Middleweight Boxing Champion Billy Hope in Southpaw, which comes out July 24. SCOTT GARFIELD/THE WEINSTEIN COMPANY/THE ASSOCIATED PRESS

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ANIMATION, COMEDY

Pixels

Director: Chris Columbus,
Starring: Adam Sandler, Peter Dinklage, Kevin James, Josh Gad

As kids in the 1980s, Sam Brenner, Will Cooper, Ludlow Lamonsoff, and Eddie "The Fire Blaster" Plant saved the world thousands of times — at 25 cents a game in the video arcades. Now, they're going to have to do it for real.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
10%	89%

DRAMA

Paper Towns

Director: Jake Schreier
Starring: Cara Delevingne, Nat Wolff

Adapted from the bestselling novel by author John Green (The Fault in Our Stars), Paper Towns is a coming-of-age story centring on Quentin and his enigmatic neighbour Margo, who loved mysteries so much she became one.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
73%	95%

DRAMA

Southpaw

Director: Antoine Fuqua
Starring: Jake Gyllenhaal, Rachel McAdams

Billy Hope seemingly has it all with an impressive career, a beautiful and loving wife an adorable daughter and a lavish lifestyle. When tragedy strikes and his lifelong manager and friend (Curtis "50 Cent" Jackson) leaves him behind, Hope hits rock bottom and turns to an unlikely saviour at a run-down local gym.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
50%	78%

THE TV DINNER JESSICA ALLEN

Journalist A.J. Liebling's best prose was about boxing, a subject so brutal that it's perplexing how he wrote so prolifically on it

I watched the trailer for Southpaw, which hits theatres July 24, the day it was released because I've never met a boxing movie I didn't like. And because the trailer reveals the tragedy that afflicts boxing champion Billy "The Great" Hope (Jake Gyllenhaal), I feel I can reveal the spoiler too: his wife (Rachel McAdams) dies and Billy loses his title, his family, his wealth — everything.

You know what that means: Billy must clobber his way back to the top. That includes a prerequisite training montage. They're my favourite, especially the sequences from the first four Rocky films (I haven't seen V through XXXV.) The first three, which I studied via VHS tapes as a kid, use the same theme song. But Rocky IV's montage is set to a different tune. While Balboa's Russian opponent Drago runs on a futuristic treadmill flashing with lights and lasers, Rocky climbs a snow-covered mountain — a mountain! — then shouts "Drago!" from the top. If that's not good movie making, I don't know what is.

My colleague and friend Lainey likes Rocky IV best. On a recent afternoon in her office, she recited from memory Rocky's soliloquy after he defeats Drago on his Siberian home turf: "If I can change, and you can change, everybody can change!" she yelled triumphantly. "Basically, Rocky conquers communism. He ends the Cold War," Lainey said. "It's a perfect movie!"

Lainey writes about gossip and no doubt she'd notice her name drop. But I'm not interested in connecting myself to celebrity (actually, Rachel McAdams went to my high school, but whatever): I'm interested in the food Lainey eats. Because although gossip is central to the human experience, food informs it.

THE MOVIE: Southpaw

THE MEAL: 'Beef and tomato'

We've been sharing lunch duties since January. The first time I tried her "beef and tomato" — marinated flank steak sliced impossibly thin, stewed tomatoes, bok choy and King mushrooms served over rice — it was like a punch to my solar plexus: it took my breathe away.

It's a dish she grew up eating. Nothing fancy, she told me. Maybe every family has one — a dish that you've had a thousand times but never tire of. A dish filled with meaning and memory.

Journalist A.J. Liebling wrote beautifully about food and memory. But his best prose was about boxing, a subject so brutal that it's perplexing how he wrote so prolifically on it — and how it's so profoundly about the human experience.

"To write about boxing is to write about oneself," Joyce Carol Oates, whose father took her to see matches as a child, said, "however elliptically, and unintentionally."

It's no wonder I love both Liebling and Carol Oates' writing because the writing you love, whether it's about food or sports, is often about love itself. And no wonder that the food that's dearest to you is the sort you want to share with the people you love most.

Lainey has promised that one day she'll teach me how to make her "beef and tomato." Part of me never wants to learn. That way she'll have to keep making it for me, forever.

Jessica Allen is the digital correspondent on CTV's The Social.

MOVIE NEWS

Amy Poehler to play NBA basketball coach

Actress and comedian Amy Poehler is set to produce and star in an upcoming comedy in which she'll take the role of a basketball coach with a chance for glory.

Currently lending her voice to Pixar's Inside Out in the role of Joy, Poehler wrapped up a seven-season run as the star of Parks and Recreation earlier this year.

Her new project will see the actress play a basketball coach whose career has fizzled out when she is called on to lead an NBA team, according to Variety.

Ike Barinholtz (The Mindy Project) will appear in the film and is also co-writing the script with David Stassen.

Poehler is next set to star in Sisters with Barinholtz and Tina Fey. AFP

Amy Poehler AFP

DRAMA, COMEDY

Unexpected

Director: Kris Swanberg, Kris Williams
Starring: Cobie Smulders, Gail Bean,

An inner-city high school teacher discovers she is pregnant at the same time as one of her most promising students and the two develop an unlikely friendship while struggling to navigate their unexpected pregnancies.

ROTTEN TOMATOES™ SCORE

Critics: 80% Audience: 90%

WOODY ALLEN MOVIE

Irrational Man

Director: Woody Allen
Starring: Joaquin Phoenix

When a burned-out, brilliant professor takes a job at a small college, everyone there is abuzz. He becomes involved with a teacher as well as a precocious student, but it takes a dramatic, existential act to turn his life around and make him see the world through a more positive perspective.

ROTTEN TOMATOES™ SCORE

Critics: 42% Audience: 83%

DOCUMENTARY

The Look of Silence

Director: Joshua Oppenheimer

A family of survivors of the Indonesian genocide discovers the identity of the men who murdered him. The killers live just down the road.

ROTTEN TOMATOES™ SCORE

Critics: 96% Audience: 94%

ACTION

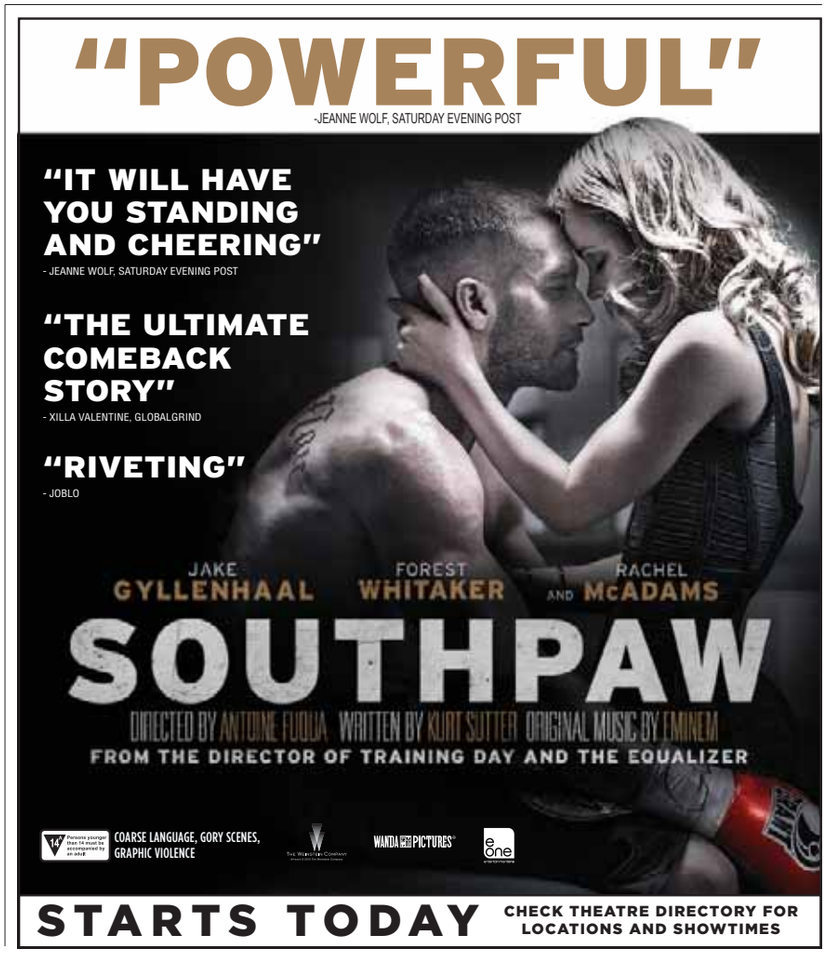
American Heist

Director: Sarik Andreasyan
Starring: Adrien Brody, Hayden Christensen

James owes his life to his brother Frankie after taking the rap for a crime they committed together. While Frankie served time, James turned his life around. Now, Frankie is released and turns to his underworld connections.

ROTTEN TOMATOES™ SCORE

Critics: 29% Audience: 80%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HOLLYWOOD

Unexpected shows pregnancy from a woman's POV

Steve Gow
For Metro

Kris Swanberg hadn't recognized it until she'd already begun but the filmmaker made one of the only movies in history to explore pregnancy from the female point-of-view.

"I was looking at other movies just for reference (and) it occurred to me none of them were from the female perspective," said Swanberg recently, citing such male-directed childbirth classics as Knocked Up and Nine Months. "All of them are from the male perspective."

> **It occurred to me none of them were from the female perspective**
> Kris Swanberg on referencing other films about pregnancy

Based on Swanberg's own experiences, the Chicago director set out to present pregnancy from the mother's outlook — two of them, in fact. Starring Vancouver-bred actress Cobie Smulders, Unexpected tells the tale of a high-school teacher whose surprise pregnancy finds her bonding with a student, also expecting.

"The movie's very fictionalized; we weren't doing yoga together or anything," said Swanberg of her former student who inspired the story. "But that basic relationship is the model for the one in the film. I just thought it's so rare for someone to have a close, intimate relationship with a person outside their social class (and) going through something like pregnancy at the same time."

A tender comedy that has been praised for its authenticity, the plot plays down Hollywood's affinity for melodramatic morning sickness and frenzied fathers. Instead, Unexpected aims to explore the emotional turmoil of modern-day motherhood.

"I did have notes on the script to up the drama but to me it felt like plenty of conflict," admitted Swanberg.

"A lot of drama in the movie is internal but that's what I was going through when I was pregnant. People aren't going through car crashes and crazy stuff — people are going through what's in their heads, and I wanted to tell that story."

That's also what makes the female-perspective an important distinction. Only women can truly capture the spiritual anxiety that comes with childbirth. Well, women and possibly revered '80s filmmaker John Hughes, whose oeuvre includes the hidden-gem She's Having a Baby.

"It's told from the male perspective, (but) he was able to make these mainstream films and ground them on an emotional level," laughed Swanberg of Hughes's overlooked classic.

Smulders delivers

INTERVIEW

HIMYM actor stars in new film about an unplanned pregnancy

Matt Prigge
Metro in New York City

Since her nine-year stint on How I Met Your Mother ended, actress Cobie Smulders has divvied her time between Marvel business — she's played S.H.I.E.L.D. biggie Maria Hill in four projects so far — and indies.

Earlier this season she cussed up a storm in Andrew Bujalski's fitness-centred Results. In Unexpected she's only slightly less grouchy as a young teacher who accidentally gets knocked up. Her crankiness over her changing body, coupled with the anxiety over trying to keep her career going, dovetails with her friendship with a low-income student (Gail Bean) who's also expecting.

Metro catches up with Smulders to talk about Canada and portrayals of pregnancy in film.

This movie is very frank about what pregnancy is like for women. Do you feel other films have captured that?

None of them have gotten it right until now (laughs)! I mean, even in ours it's hard not to rely on the comedic elements of a movie dealing with pregnancy: the labour, the Lamaze breathing, the pregnancy cravings. I just don't think we've seen a woman deal with the fact that she has to stop working, or feel like she's losing her identity through pregnancy.

Smulders plays a reluctant mother-to-be in Unexpected. GETTY IMAGES

When you're pregnant and in a relationship, you have to ask, "What are you going to do?" or "When are you going to go back to work?" if you have a strong career. It's different for everybody. I thought it was interesting portraying a woman who has such a strong drive to keep working, to be a part of the work force, to have a passion other than her family — to try and wrap her head around it while going through so many changes.

In America, at least, there's still a fight to get more maternal leave, or at least keep it at what it is.

I hope we can get to a place in our society where every job and every workforce is understanding towards having a family — that a woman has to take a break and that a man does, too.

Growing up in Canada we have paternity leave, which is amazing, as well as a healthy maternity leave. In this industry I've been lucky. You are self-employed. I love checking that box whenever I'm filling out a government form.

There's something very freeing about being on your own schedule, but there's also something terrifying about taking time off.

Kris Swanberg comes from a very collaborative filmmaking background. Could you sense that you were involved in the process?

She was very open with me, probably because I related to what Samantha was going through, being a mother myself, and being a working mom at that. I was able to have a lot of input in the script. She'd even add scenes for me.

I was really adamant about — I wouldn't say adamant. The Canadian version of being adamant is saying, "Hey, I had an idea, don't worry about it, I know you've scouted everything and it will be a pain in the ass, but I had this idea ... if it's OK, if it's not too much trouble."

That's me being adamant.

BACKGROUND

Hollywood's blockbuster pregnancy pictures

Knocked Up (2007)
Seth Rogen plays a stoner who reluctantly does the right thing after impregnating a one-night stand.

Nine Months (1995)
After his girlfriend gets pregnant, the life of child-psychologist Hugh Grant slips into sheer disarray.

Baby Mama (2008)
Uptight, career-minded Tina Fey hires slouch Amy Poehler to be her surrogate.

The Back-Up Plan (2010)
Jennifer Lopez meets the man of her dreams immediately after being artificially inseminated with twins.

STEVE GOW/FOR METRO

PAPER TOWNS

Excitable Green behind the scenes

Ned Ehrbar
Metro | Life

Paper Towns is only the second movie made from a novel by John Green, so it's understandable that the Fault in Our Stars author is still not the most savvy person on set. It's not really a problem, except when his enthusiasm can ruin the audio for a pivotal love scene.

"I was so excited because (actor) Justice (Smith) put this line back in, 'I always think about imagining Santa complexly when I'm eating my Lucky Charms with my black Santa spoon.' I know that I wrote that line, but I also find it very funny. And I found it particularly funny when Justice was saying it," Green explains. "I was laughing the whole time they were making out, jumping up and down and yelping. But I thought I was far enough away that my joy would not be audible. But it turns out that yeah, they had to fix the audio. They have to take out my joy."

That sense of audible joy is justifiable, given the breakout success Green has found in film following similar success with his books. Last year's Fault in Our Stars was a certified hit, and he and the team behind it are hoping for a repeat with Paper Towns. But don't expect a retread.

"This isn't Fault in Our Stars 2: Electric Boogaloo. It's clearly a very different film, and it has a very different tone and a different world," Green says. "We all knew that we were making a very different kind of movie from The Fault in Our Stars. So I didn't feel pressure, I just felt excitement.

"I was much more nervous the first time around than this time around because I knew I trusted everyone involved in the project. So for me it's just been joyful, the whole process, which is really lucky because authors generally do not feel that way about the movie adaptations of their books."

And onscreen, at least one familiar face from the previous film takes center stage, with Fault in Our Stars supporting player Nat Wolff stepping into the lead for Paper Towns. It's something Green would totally take credit for if he could.

"I'm not a movie executive, I don't know how to make movies," Green says. "But pretty much every day during the Fault in Our Stars shoot I would lean forward to the producers and say, 'You know what you guys should do? You should make a movie of Paper Towns.' And you know who should play Q? Nat Wolff.

"'Nat Wolff should play Q. Have you guys thought about Nat Wolff?' And, yeah, it worked."

Cara Delevingne stars in Paper Towns. HANDOUT

CARA DELEVINGNE STARS

Cara can't drive

A major part of the plot for Paper Towns involves an epic, end-of-senior-year road trip up the east coast from Orlando, Fla. to upstate New York. While Cara Delevingne's character, Margot Roth Spiegelman, is the one who sets the trip in motion by disappearing and leaving clues for neighbourhood pal Q (Nat Wolff), she hasn't had much experience on the road herself.

"I don't drive, I've never been on one. But if you're offering, I'm very happy to take you up on that offer," she says with a game grin. "I am better than Nat at driving."

In the film — and in the bestselling John Green novel upon which it is based — Margot is constantly at odds with her disapproving parents, who just don't understand her eccentric ways and have lost their patience. That was one part of the mysterious character that Delevingne had trouble relating to.

"My parents have always been very supportive of what I've wanted to do," she says. "I wanted to be an actor since I was really young and I wanted to do that as early as possible. But all they wanted was for me to be happy, to finish school and do that."

But there might be some friends' parents who think she's a bad influence, though. "No comment," she offers with a laugh when pressed on the subject.

NED EHRBAR/METRO HOLLYWOOD

4 STARS WHO NEED A TV COMEBACK

The stampede of film stars to TV is no longer just a trend — it's reality. And we've moved on from the Kevin Spaceys to stars in need of a break. We think there are plenty of other film actors ripe for a TV resurgence. Here are our picks. LISA WEIDENFELD/METRO IN NEW YORK

1 Jackie Chan: appearing in a family comedy

Though Chan has Rush Hour 3 on the horizon, he seems to be past his action star heyday. That's OK, though — that just means it's time for him to focus on his equally great but less honoured talent as a comic actor.Chan is great at physical comedy and we can easily picture him as a beleaguered father to hipster kids, getting in generational clashes about how easy they have it.

2 Jon Lovitz: appearing in a seedy lawyer comedy

Sure, Lovitz was also a TV star, but who can forget his turn in A League of Their Own?

Wherever he's been, we'd like him back, along with that particular style of scumbag he portrays so well. Casting would be almost too easy. He could play a seedy lawyer à la Better Call Saul, but, you know, more funny, less violent. We're also willing to accept him as a doctor with terrible people skills, in a pinch.

3 Karen Allen: appearing in a tense legal drama

Allen had a stretch in the '80s where she dominated, but lately (except for that return in the most recent Indiana Jones movie) she's been less active. Which means it's the perfect time for her to play some kind of high-powered attorney.

We're imagining a Good Wife and How to Get Away with Murder hybrid. She's brilliant, but morally compromised (you know, like every other TV lawyer). Bonus points if they can talk Harrison Ford into a cameo.

ALL PHOTOS GETTY IMAGES

4 Winona Ryder: appearing in a showbiz satire

Ryder was the It Girl of the '90s, but a series of lacklustre roles and that little shoplifting issue, plus the usual "industry doesn't know what to do with women over 35" nonsense have kept her low profile. Why not spoof that?

Sure, half the cast of Friends is doing it (The Comeback and Extras), but we think there's room for a sharp look at the life of a former It Girl, particularly during this golden era for female comics on television. Sure, she's appearing in an upcoming HBO miniseries (Show Me a Hero), but we think she's ready for her own show.

SLUGLINE

She's Cait: Jenner debuts new show

It's the next step in the biggest celebrity story of the year.

It's the long-awaited debut of Caitlyn Jenner's docuseries charting her new life as a transgender woman.

Fittingly, I Am Cait (premiering Sunday at 8 p.m. EDT on E!) opens with Jenner, her ample tresses in huge rollers, at home getting hair-and-makeup treatment as she beholds a giant blowup of her bombshell Vanity Fair cover that followed her April interview with Diane Sawyer.

Yes, Jenner's transition from Bruce to Caitlyn has been a highly orchestrated spectacle, with I Am Cait the latest phase of the campaign. And, typical of celeb reality shows, there isn't a scene in this first of eight episodes that doesn't seem stage-managed to push the starry uber-narrative along.

Even so, there is something more substantial going on here. A gratifying measure of authenticity manages to bypass the celebrity trappings.

Jenner's mother and two sisters help. Delivered to Jenner's seaside California compound for their first encounter with her as a woman, they seem refreshingly like regular folks who are genuinely focused on a family member they love and support, never mind all the lights and cameras there to capture every moment.

"It's going to be so difficult for me to think of you as 'she,' and say 'Caitlyn' when I want to speak with you," her mother says. "It's going to take some getting used to, but I want to do what you want."

At the other end of the authenticity scale are stepdaughter Kim Kardashian and her husband, Kanye West, seen in a cameo appearance. Kardashian takes the time to survey Jenner's closet full of new women's fashions. Then she and West make their hasty exit.

Such interludes undercut the dignity of Jenner's challenges, and make what she is going through arguably less relatable to an audience that needs to relate. On the other hand, fame claims attention, and the celebrity machine for Caitlyn Jenner, including I Am Cait, has been impossible to miss.

Caitlyn Jenner's docuseries, I Am Cait, premieres Sunday at 8 p.m. EDT on E! AP/HANDOUT

With Cait, she will have a weekly pulpit and a guaranteed flock to whom she knows how to deliver her message loud and clear.

"The tremendous amount of support that I've gotten has been overwhelming, but you also have to realize that it's not this way for everybody," she takes pains to point out.

More than once, she cites the lack of support from family, friends and outsiders experienced by far too many in the trans community, as well as the high murder rate and many suicides. Jenner says she relates:

"I've had some very dark moments in my life. I have been in my house with a gun and said, 'Let's just end it right here.'"

"People are dying over this issue," she says. "I feel a tremendous responsibility here, because I have a voice, and there are so many trans people out there who do not have a voice."

THE ASSOCIATED PRESS

SLUGLINE

Director breaks silence with documentary

Steve Gow
For Metro

Joshua Oppenheimer's Oscar-nominated first-hand telling of the atrocities of 1960s Indonesian death squads in The Act of Killing has been called one of the best documentaries ever made. Now, the filmmaker is spotlighting the survivors of such gruesome violence in The Look of Silence where he follows one family still living amongst their son's own executioners. Metro caught up with Oppenheimer to find out what half a century of silence does to a society.

Is it important to acknowledge this isn't a sequel but a companion film to The Act of Killing?

I think the two films form a single work that's greater than the sum of the parts — or at least I hope so ... the films address two fundamentally complementary aspects of — not necessarily what happened in 1965 because these films are not historical documentaries — but of the impunity today.

You've described making a film about survivors of genocide like walking into a minefield of clichés. How so?

I feel that most of the way that survivors are often used and, in a sense, abused by cinema is to reassure viewers that we're good and have little to do with the perpetrators. By holding up saintly survivors in contrast with villainous perpetrators, we are reassured that somehow we have nothing to do with the perpetrators (and) I was very conscious that that does an injustice to the complexity of the survivors' experience.

Can Western audiences relate to such oppressive societies?

I would caution anybody from thinking this is a window to some far-off, non-Western world that you knew little about. I think these films hopefully work as mirrors in which we see ourselves and in which we see impunity in our own societies.

Oppenheimer's The Look of Silence tells the story of survivors of 1960's Indonesian death squads. HANDOUT

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5:30 p.m. – Medal Rounds
CIBC Pan Am/Parapan Am Athletics Stadium

WOMEN'S BASEBALL
3 p.m. – VEN vs PUR • USA vs CAN
President's Choice Ajax Pan Am Ballpark

WOMEN'S FOOTBALL (SOCCER)
8:30 p.m. – Bronze-Medal Match
CIBC Hamilton Pan Am Soccer Stadium

MEN'S INDOOR VOLLEYBALL
1:30 p.m. – Preliminary Rounds
7 p.m. – Semifinals
Exhibition Centre at CIBC Pan Am Park

MEN'S & WOMEN'S BOXING
7 p.m. – Medal Rounds
Oshawa Sports Centre

CULTURE

HOT SARDINES
CIBC PAN AM PARK | 7:15 p.m.
FREE

TROMBONE SHORTY & ORLEANS AVENUE
NATHAN PHILLIPS SQUARE
9:45 p.m.
FREE

NIÁGARA ~ A PAN-AMERICAN STORY (World Premiere)
Directed by Veronica Tennant
DANIELS SPECTRUM | 8 p.m.

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ALBERTA

Nature on full display for golfers in Canmore

Brian Kendall
canadiangolftraveller.com

The ninth hole on Silvertip Golf Course. The course features glacial ponds and forest-lined freeways, as well as cliff-top tee shots. At right, the view from Canmore's Main Street, with the Rocky Mountains in the background. ISTOCK

For years Canmore was one of the best kept secrets in the Rocky Mountains: a town with the same spectacular scenery as nearby Banff, but hipper, friendlier and more affordable.

Located just outside the gates of Banff National Park, 104 kilometres west of Calgary, Canmore is an ideal home base for a mountain golf holiday. But also budget time between rounds for hiking, kayaking, rafting and the other summer activities that annually help draw more than a million overnight visitors to the rapidly growing community of 13,000.

Two of Canada's most dramatically scenic golf courses have been carved through the Bow Valley corridor minutes from Canmore's lively downtown.

At Stewart Creek Golf and Country Club, golfers are treated to a thrill ride of elevation changes on a Gary Browning-designed layout set in the shadow of the Three Sisters, an awe-inspiring three-peak massif.

Silvertip Golf Course, on the opposite side of the corridor, is just as thrilling. Glacial ponds and forest-lined fairways define a design by Canmore-based architect Les Furber that includes several cliff-top tee shots.

And right in town is Canmore Golf and Curling Club. This older, classically designed layout offers many of the same mountain golf experiences found at higher-profile Stewart Creek and Silvertip — mountain vistas, forests of towering fir trees, a meandering glacial river — at about half the cost.

But the biggest draw for golfers is the Banff Springs Golf Course, just inside the park's gates in the alpine town world-renowned for both its beauty and the iconic Fairmont Banff Springs Hotel.

In the valley below the 764-room Castle in the Mountains, legendary Canadian architect Stanley Thompson built the first course anywhere to cost more than $1 million. Opened in 1929, the Banff Springs has long been included in virtually every ranking of the game's leading layouts, and its most celebrated hole, the par-three Devil's Cauldron, numbers among the most photographed in golf.

Visitors often make the mistake of neglecting Canmore in favour of glitzier Banff. But Canmore is equally beguiling in its own unpretentious way. Pubs, coffee shops, boutiques and art galleries line the streets of a town that is said to be home to more Olympic athletes than any other place in the world.

Towering over the community are the magnificent peaks of the Rundle Mountain Range. The fast-rushing Bow River snakes through Canmore's heart, while a network of wildlife corridors and trails spreads out in every direction.

It's a setting perhaps unsurpassed in the West.

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TRAVEL NOTES COMFY SEATS, HIGHER VIEWS AND ISLAND TREATS

Seat upgrade
Thanks to staggered seating, the new Cozy Suite by Thompson Aero Seating gives everybody in Economy a bit more elbow room, especially if you're saddled with the middle seat. The design offers better aisle access and side headrests for no-nod napping. Airlines can actually fit more passengers in the cabin. Everybody wins.

Coming soon to an airline near you. CONTRIBUTED

Bucket list
The one-of-a-kind-experience people at If Only are offering one truly expensive hot-air balloon ride: over Mount Everest for $2.6 million per person with famed pilot Chris Dewhirst. The flight itself takes one day, but the expedition may take several weeks in Nepal, while you train and wait for the weather window. Visit IfOnly.com.

Sky high over Mount Everest. CONTRIBUTED

Foodie favourite
The Barbados Food & Wine and Rum Festival is back for its sixth year, running Nov. 19 to 22. Now is the time to plan a weekend in what's known as the culinary capital of the Caribbean — and the birthplace of rum. Bajan and international chefs will ply audiences with delicious demos. Visit FoodWineRum.com.
DOUG WALLACE

Four days of flavour in Barbados. CONTRIBUTED

Road blocks and pit stops

REALITY TV

What it's like to be a contestant on The Amazing Race

ON THE MOVE
Loren Christie

I am a super-fan of the Amazing Race, TV's reality show meets frenetic travelogue. Needless to say, when producers of the Amazing Race Canada asked me to run a leg of the race to celebrate the start of Season 3, I was thrilled.

As one half of Team Canada AM along with on-air weather presenter Lyndsay Morrison, I quickly realized how much harder it is to be a contestant than a critical armchair competitor.

After running almost four hours I can say that what you see on TV, although edited, is real. It's what you don't see that makes you more sympathetic towards racers who seemingly underperform.

An inauspicious start

Each team races with a producer and cameraman in tow, whom you must keep within 20 feet of you at all times. On our 35-degree race day it was a struggle for our crew, lugging 60 pounds of camera equipment, to sprint around Toronto in search of cabs.

Racers are not allowed to carry any handheld devices to aid in directions, so you are reliant on the knowledge of strangers.

The first clue directed us to Stanley Park.

Neither of us had heard of a Stanley Park in Toronto, but thankfully a well-meaning stranger caught up in our excitement had.

Of course we never bothered to verify his directions, which turned out to be wrong.

We ended up being the seventh team out of nine to arrive at the first challenge.

Loren Christie and Lyndsay Morrison, in the dark grey shirts, represented for Team Canada AM in the Amazing Race Canada media challenge. Activities on a hot Toronto summer day included a little Frisbee in the park. ALL PHOTOS MARK O'NEILL

Change of luck

Only one of us could do the Road Block. The only guideline the clue gave was to ask, "Who is more patriotic?"

For no real reason, we chose Lyndsay to represent. The challenge was to sing O Canada in English and French by memory. Bilingual songstress Lyndsay, unlike members of the other teams, hit it out of the park and we were off on our next task. Thank goodness — if it had been me, we would still be there.

Between doing puzzles and knocking solo cups off of sticks with Frisbees, we quickly lost track of where we stood in the race. The fear of being last results in a continuous rush of adrenalin.

Driving to the Hard Rock Cafe in Dundas Square, the Pit Stop for our leg of the race, we saw another team sprinting ahead of us. Lyndsay and I jumped out of our cab, they went right — we went left.

We choose correctly and when host Jon Montgomery announced we were team … number … 2, I felt like I had won the lottery.

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Reaching a new golden high

PAN AM 2015

Canada breaks its previous record of 64 gold medals

Damian Warner set a Canadian record in the decathlon on Thursday, while Canada set a national record for gold medals won at the Pan American Games.

The 25-year-old Warner from London, Ont., won the decathlon in the 13th day of competition, in the process breaking Michael Smith's 19-year-old Canadian record.

Warner scored 8,659 points. Smith's mark was 8,626.

He needed to run four minutes 29 seconds in the decathlon's final event, the 1,500 metres, to break the record, and ran 4:24.73.

Warner took a healthy lead into the 1,500 after recording personal bests in the 100 metres, long jump and discus in the two-day event.

Earlier, water-skier Whitney McClintock took first place in the women's slalom event — her second top finish of these Games — to give Canada 65 gold medals in total up to that point. The previous record of 64 was set in Winnipeg in 1999.

"This is great, I'm a happy girl," McClintock said. "I've got the two (medals) I came for already. The rest are a bonus."

McClintock, who won gold Wednesday in the overall competition, finished first in the six-skier slalom field to kick off a six-medal Thursday for Canadian water-skiers. Ryan Dodd capped the effort with a gold medal in the men's jump competition on a warm, sunny afternoon on the waterfront.

Damian Warner celebrates with fans after winning the decathlon on Thursday. FRANK GUNN/THE CANADIAN PRESS

McClintock, from Cambridge, Ont., later added silver medals in the tricks and jump finals and her brother Jason won silver in the men's slalom.

"Unfortunately I wasn't able to get as warm as I needed to and I just kind of stuck," Jason McClintock said.

In the men's tricks, Jaret Llewellyn of Innisfail, Alta., won silver with 10,550 points. American Adam Pickos won gold with 11,110.

Later in the day, Canada earned the gold medal in the team equestrian competition.

4

Whitney McClintock won a total of four medals — two gold, two silver

The Canadians finished the two-round competition with seven faults, one less than Argentina. The U.S. earned the bronze with 12 faults.

The Canadian team consisted of Tiffany Foster of North Vancouver, B.C., 2008 Olympic champion Eric Lamaze of Schomberg, Ont., Yann Candele of Caledon and Ian Millar of Perth, Ont., who's making his 10th consecutive Pan Am appearance.

Also, the Canadian men's sabre team won a fencing silver medal after dropping a 45-37 decision to the United States in the final.

Shaul Gordon from Richmond, B.C., Toronto's Mark Peros and Montreal's Joseph Polossifakis made up the Canadian squad, which edged Venezuela to reach the gold-medal match.

Lanni Marchant, the Canadian record-holder in the marathon, raced to a bronze medal in the women's 10,000 metres, crossing in 32 minutes 46.03 seconds.

Andre De Grasse, meanwhile, finished third in his 200 semi-final — his fifth run of the Pan Am Games. The 20-year-old from Markham crossed in 20.12 seconds, a night after he won the 100-metre title.

In team sports Thursday night, Canada used a balanced attack to defeat Mexico 96-76 and move within one win of a first ever medal in Pan American Games men's basketball play.

Canada (3-0) went into the game having already secured a semifinal berth and knowing it had won Pool B barring a total collapse against the Mexicans (1-2). Argentina's earlier 80-70 win over the Dominican Republic left both teams at 1-2 and unable to catch Canada in the pool.

Canada's men's field hockey team earned a spot at the 2016 Olympics with a 5-4 win over Brazil in Thursday's semifinal.

Canada will now play Argentina in Saturday's gold-medal game. THE CANADIAN PRESS

Whitney McClintock won three medals in water-skiing on Thursday, including Canada's 65th gold medal of the Pan Am Games. MARTA IWANEK/TORSTAR NEWS SERVICE

SEASONED VETERAN

Water-skier Llewellyn still making waves at 45

Jaret Llewellyn will turn 45 next week and he just won two medals in Pan Am Games water-skiing, competing against the best in the world, all of them about half his age or younger.

So what's an elder statesman doing — surviving — in a sport that should be a young person's game?

"I've been lucky," said the native of Innisfail, Alta. "At a young age, when I started, the top athletes didn't take it as serious as they do today, so I grew up like that and that's why I lasted so long ... no one else has lasted as long as I have,"

Llewellyn took silver in the men's tricks competition Thursday, and narrowly missed a bronze after posting the same distance as Chile's Felipe Miranda in men's jumping. On Wednesday, he earned a silver in the men's overall competition.

Llewellyn is a Canadian sports icon, and his impact was felt by competitors.

"He was on the national team before I was born," said Whitney McClintock. "Everyone on our team, everyone competing here for Canada, Jaret's coached them at some point in their lives. He's someone I always look up to."

TORSTAR NEWS SERVICE

Jaret Llewellyn
THE CANADIAN PRESS

Josh Donaldson homered against his former team on Thursday in Oakland. JASON O. WATSON/GETTY IMAGES

MLB

Jays bats keep on bashing

The highest-scoring offence in the majors is heating up at the right time.

Russell Martin homered, doubled and drove in three runs, Josh Donaldson went deep against his former team and the Toronto Blue Jays powered past the Oakland Athletics 5-2 on Thursday.

"Our one through nine is the best in baseball," Donaldson said. "I think we continue to go out there on a night in, night out basis and continue to show that."

The Blue Jays have scored 508 runs, by far the best in the majors. The next closest team, the New York Yankees, has scored 434.

Toronto continued its pop at the plate to give knuckleballer R.A. Dickey (4-10) all the support he needed. Dickey allowed two runs and five hits in 8-1/3 innings in place of ill starter Drew Hutchison, who is scheduled to take the mound in Friday's series opener at Seattle instead. THE ASSOCIATED PRESS

"It felt like it just hit me at once. It's going to take some time to sink some stuff in.

Scott Kazmir who was traded from Oakland to the Houston Astros before Thursday's game.

GETTY IMAGES

Lou goes Blue and White

NHL

Leafs hire longtime Devils boss as new GM

Brendan Shanahan and Lou Lamoriello speak to reporters in Toronto on Thursday. GALIT RODAN/THE CANADIAN PRESS

Brendan Shanahan's new-school Toronto Maple Leafs front office built on his philosophy of differing viewpoints has a new voice, and this one comes with some 30 years of NHL experience.

Shanahan, who's a year into his duties as team president, believes new general manager Lou Lamoriello "will fit in very, very well and be an incredible boost" to what the Leafs are trying to accomplish. Shanahan went looking for experience to join Kyle Dubas, Mark Hunter and Brandon Pridham in management, and no one has more than Lamoriello.

"If I could map out or draw out a description of the kind of person that we wanted, it would be Lou," Shanahan told a news conference Thursday. "I've always thought that there are certain advantages to hiring people on their way up that are looking to prove themselves and have that sort of hunger and energy to make a name for themselves. But I do think that we were lacking in some experience."

In charge of the New Jersey Devils since 1987, the 72-year-old Lamoriello was the longest-serving GM in NHL history. Along the way, his teams won the Stanley Cup three times, a pedigree he brings to the Leafs, who are trying to build a championship contender.

Lamoriello becomes the old-school GM working under the Hall of Fame player and overseeing assistants Hunter, Dubas and Pridham, also NHL management rookies. He'll also work with coach Mike Babcock, who's signed for eight years and $50 million US and has committed to a long-range plan for success.

"Brendan's hired some very good people kind of a little bit on an entry level, at the levels they are coming into the league," said Pittsburgh Penguins GM Jim Rutherford, who made a similar transition last year leaving the Carolina Hurricanes. "To add an experienced guy like Lou, I think it was very smart on the Leafs' part, and it'll be a good fit."

"I think having Lou in the organization is an opportunity for him to mentor us all.
Brendan Shanahan

Lamoriello's comfortable fit for the past 28 years was gripping the reins of the Devils and asserting just about total control. New Jersey was his team until Ray Shero took over as GM in May, leaving Lamoriello as team president.

1987

Lamoriello has a relationship with the Leafs' president dating to 1987, when he drafted Shanahan.

"I think this benefits everyone," Shero said. "He's a pretty amazing person, and he's in the Hall of Fame for a reason. They're going to find that out."

Although Lamoriello said he was told he'd have autonomy as GM, Shanahan made it clear in conversations "the kind of environment and organization" of collaboration he was building. Lamoriello is OK with Shanahan not wearing a tie to work every day and might have to let Hunter keep his facial hair, and he's fine with sharing decision-making responsibilities.

"No one makes any decision without consulting the people that are around them and their supporting staff," Lamoriello said. "Everybody works together. They don't work for each other. Everybody will be part of every process."

The process of remaking the Leafs is already under way.

Since taking over, Shanahan fired several assistant coaches, executives and scouts, Randy Carlyle and Dave Nonis and presided over the trade of Phil Kessel to the Penguins. Yet there are still plenty of big decisions to make, as Kessel is unlikely to be the only core player sent packing.

Shanahan is still setting the vision, but now it's Lamoriello's job to execute it. THE CANADIAN PRESS

GROOMING KYLE

Signed to a three-year deal, Lamoriello will be almost 76 when it expires. One of his duties will be to mentor the 28-year-old Kyle Dubas, who Lamoriello believes will grow into an NHL GM.

'HUMAN RIGHTS MEDAL'

Tewksbury thanks early-career backers

Swimming legend Mark Tewksbury says it's only fitting that he present his gold medal from the 1992 Olympic Games to the Canadian Museum for Human Rights in Winnipeg.

Tewksbury says he couldn't have won the 100-metre backstroke in Barcelona if he hadn't had the support of people who knew he was gay.

Tewksbury, who came out publicly in 1998, says he felt unsafe doing so before then.

His medal will be part of a new exhibition at the human rights museum that explores the power of sport to inspire positive change.

Mark Tewksbury THE CANADIAN PRESS

"I've always said for me that medal is a human rights medal," Tewksbury said Thursday. "It was done because someone created a space for me to be me."

THE CANADIAN PRESSWW

IN BRIEF

Bayern close in on Vidal

Bayern Munich says it's close to signing Chile midfielder Arturo Vidal from Italian champion Juventus. Chairman Karl-Heinz Rummenigge said during a trip to China on Thursday that Bayern has agreed terms with both Juventus and Vidal. THE ASSOCIATED PRESS

NFL

Brady deal met with silence: Union

The players' union proposed a settlement on Tom Brady's four-game suspension last week that was "met with silence" by the NFL, a person familiar with the proposal told The Associated Press.

The person spoke on condition of anonymity Thursday because the NFL Players Association's offer was confidential. There is no timetable on when commissioner Roger Goodell will rule on the New England quarterback's appeal.

Tom Brady GETTY IMAGES

Media reports indicated the union's proposal called for Brady paying a large fine, but no suspension. The Patriots paid a record $1 million fine and were stripped of two draft picks, including a No. 1 selection.

Brady was suspended for his role in using underinflated balls in the Pats' AFC title win over the Colts. THE ASSOCIATED PRESS

Golfers feeling lucky to play

CANADIAN OPEN

Mishaps nearly keep Taylor, Grillo out of tournament

Vaughn Taylor GETTY IMAGES

Emiliano Grillo GETTY IMAGES

Vaughn Taylor felt fortunate to survive a boating accident last year. Emiliano Grillo felt fortunate to get into Canada in time to play the Canadian Open.

On Thursday, they made the most of morning tee times to claim spots at the top of the leaderboard. Grillo shot an 8-under 64 to take the RBC Canadian Open lead, while Taylor shot a 7-under 65 to tie Brian Harman for second after the first round.

Taylor is almost a year removed from his fishing boat capsizing on Lake Thurmond between South Carolina and Georgia. The 49-year-old who birdied eight holes at Glen Abbey Golf Club in the first round gained some perspective on his sport and life from the August 2014 accident.

"It still does," Taylor said. "I kind of remind myself of it to say, 'Hey, let's not take this day for granted and make the most of it."'

Taylor panicked in the water before swimming to safety. Grillo didn't panic earlier this week when it looked like he wouldn't be able to cross the border from the United States.

Grillo qualified for the RBC Canadian Open by finishing in the top 10 at the Barbasol Championship in Alabama, which he only did by picking up back-to-back birdies. After driving to Atlanta and flying to Buffalo, the 22-year-old Argentine didn't have time to wait for the necessary work visa to get into Canada.

After he waited, border officials told Grillo just to pay for the visa and go. He followed up that "lucky" break with a bogey-free round to grab the lead. THE ASSOCIATED PRESS

Bubba Watson shoots from the 16th-hole fairway at the first round of the Canadian Open on Thursday in Oakville, Ont.
PAUL CHIASSON/THE CANADIAN PRESS

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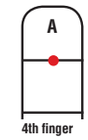

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RECIPE Watermelon Cucumber and Goat Cheese Salad

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Watermelon is at its best this time of year. With a sweet, natural flavour, it's like nature's candy! To pick the best tasting melon, the watermelon should feel heavy for its size. Look for the yellow creamy spot on one end, which means it's ripe.

Serves 4

Ready in
Prep time: 15 minutes

Ingredients
- 4 cups diced watermelon
- 1 cup thinly sliced baby cucumber, cut into half moons
- 1/2 cup thinly sliced red onions
- 1/4 cup chopped mint or basil
- 3 Tbsp toasted chopped cashews
- 1 oz crumbled goat cheese
- 2 Tbsp olive oil
- 1 Tbsp lemon juice
- Salt and pepper

Directions
1. On a serving plate, add watermelon and cucumber. Garnish with onions, mint, cashews and goat cheese.

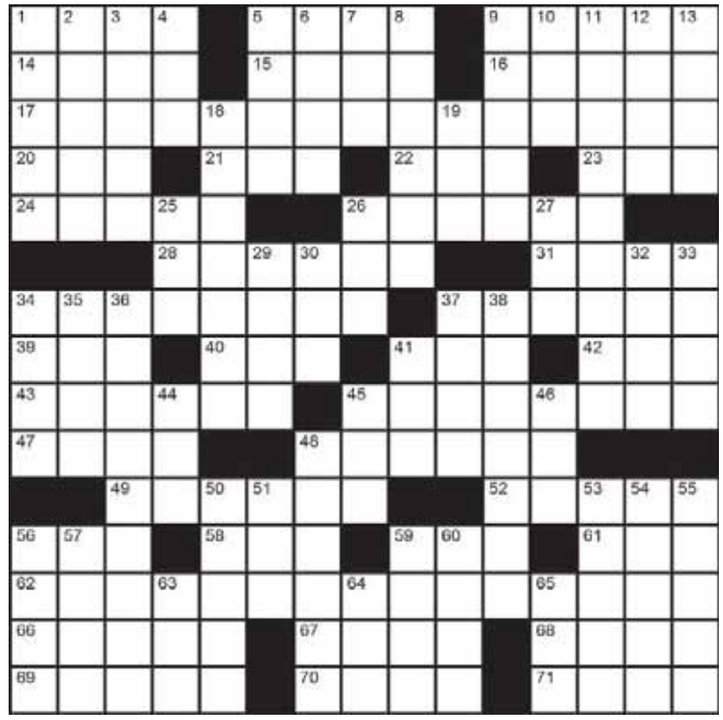
2. In a bowl, mix oil, juice and salt and pepper. Pour over salad and toss gently.

Nutrition per serving
- Calories 180
- Protein 3 g
- Carbohydrates 18 g
- Fibre 2 g
- Total fat 12 g
- Saturated fat 3 g
- Cholesterol 5 mg
- Sodium 85 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Outperform
5. Serving-of-cereal holder
9. Essential
14. "Barbie Girl" band
15. Merle Haggard's "__ from Muskogee"
16. Spookily strange
17. Vancouver Island: Flowery attraction in Brentwood Bay, a National Historic Site of Canada: 2 wds.
20. Breathed-in stuff
21. Miley Cyrus song: "Party in the _-_-_"
22. '_' __ in Alberta
23. Richard Burton's wife, twice ...her initials-sharers
24. Fights
26. Greece's capital
28. Edmonton CFL player
31. Vintage muscle cars
34. Rock star's date unsurprisingly: 2 wds.
37. Quantity
39. Angelina Jolie title role
40. Irish actor Stephen
41. Monk's title
42. __ periculo (At my own risk, in Latin)
43. Music storage container: 2 letters + wd.
45. Jake Gyllenhaal's new boxer movie
47. Slangy sure
48. Hinder
49. Delicate
52. "No way."
56. Teeth doc's org.
58. Rocky hill
59. Stockholm's country [abbr.]
61. Yoko's surname
62. 1966 hit for partially-Canadian band The Lovin' Spoonful: 4 wds.
66. Manner of speaking
67. Have supper
68. There's none in a power failure, for short
69. Accomplishments
70. Simple
71. Weight allowance

DOWN
1. Rum cakes
2. Rig out
3. Kama __ (Record label the band at #62-Across was on)
4. Tic-Toe link
5. Feathery accessories
6. Pod vegetable
7. Stand-up's asset
8. Smoothly, in music terminology
9. Poetry
10. Roadside mil. hazard
11. Nature's stool in the forest: 2 wds.
12. "It __ Me Babe" by The Turtles
13. Fewer
18. Fancily uniformed cavalrymen of 15th-century Hungary
19. Ooh's pal
25. __ room (Basement)
26. Comic actress Ms. Poehler
27. Stop-_-__
29. Human hinge
30. Apple variety, __ Red
32. Vitamins brand, __ _ Day
33. Pack away
34. 'A' in CIA [abbr.]
35. Amusement park feature
36. Nut variety
37. Sort of lily
38. Daytime theatrical performance
41. Sainte-__ (Quebec City sector)
44. "Bingo!"
45. Pen
46. "__ Haw"
48. Footstep
50. 12 __ or Less (Express checkout sign)
51. __'easter
53. "There you have it!"
54. Enroll
55. Rolls-__ (Posh car)
56. "Like, that'll ever happen.": 2 wds.
57. Guy
59. RR depots
60. Curds and __
63. Clever comment
64. Ms. Vardalos
65. This: French

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
What are your limits? How far can you push yourself? These are the sort of questions you will be asking today and over the weekend. The answers depend entirely on you. Nothing is beyond you if you want it enough.

Taurus April 21 - May 21
Resist the urge to criticize today, especially on the domestic front. It would be nice if everyone were as laidback as you but they're not, so make allowances.

Gemini May 22 - June 21
You may be free to come and go but you are reluctant to head off into the unknown. Your horizons have been limited for too long. Freedom means nothing unless you have courage.

Cancer June 22 - July 23
Take care that, in your attempts to impress someone new, you don't spend more than you can afford. You need to get both your emotional and material priorities right.

Leo July 24 - Aug. 23
As your confidence returns so does your tendency to take risks and that could be dangerous. Your head may be in the clouds but keep your feet on the ground.

Virgo Aug. 24 - Sept. 23
You will want to be by yourself over the next few days. Others may find that hard to accept but you must not allow them to persuade you to go places and do things that you would rather avoid.

Libra Sept. 24 - Oct. 23
You will go all out for glory today. There's a good chance you'll upset those who prefer the status quo. You are under no obligation to play down your ambitions just to please them.

Scorpio Oct. 24 - Nov. 22
Now that the sun is moving through the career area of your chart you will aim higher than before. You will face a lot of challenges but you will never doubt that you have what it takes.

Sagittarius Nov. 23 - Dec. 21
The sun in Leo will encourage you to think in new ways. It won't be long until you realize what you've been missing over the years. A slight shift in awareness will lead to major changes in your philosophy of life.

Capricorn Dec. 22 - Jan. 20
The time has come to confront your demons. Don't be afraid to probe into areas of your mind that you would normally avoid. Don't be afraid to question your real motives. Don't be afraid to confront your true self.

Aquarius Jan. 21 - Feb. 19
If you try to put one over on partners and colleagues they will see through your tactics and turn them against you. You must be open and honest.

Pisces
Feb. 20 - March 20
You have only yourself to blame for allowing people to take advantage of you. Look seriously at what you do for other people — then start doing less.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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